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# Grass Roots

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- *Fruit Salad Trees*
- *Limestone Castle • Edible Flowers*
- *Practical Biodynamics • Threshing Grain*
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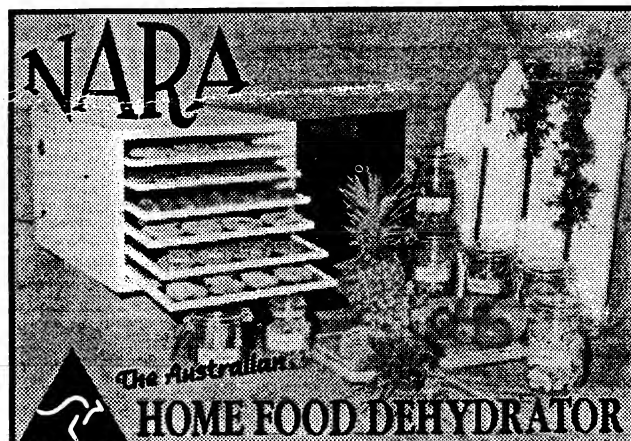
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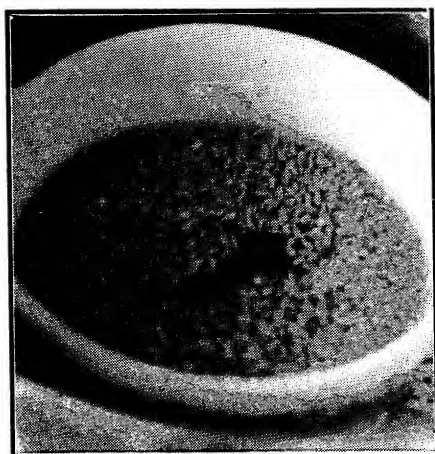
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## COVER PHOTOS

**Front Cover:** Kerry West with children Scott and Lucinda. After a bold move to the country, the family eventually invented their own farm-based business – fruit salad trees. (See page 19). Photo courtesy 'The Land'.

**Back Cover:** With planning and knowhow dreams can come true. Ian McGown built his country home in the style of a French farm house he had seen on a trip overseas. More details on page 11.

\* \* \*

Edited by Megg Miller and Mary Horsfall.

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Letters are the lifeline of many of our readers with the result that all manner of unusual things are sent through the mail. I'm sure I have mentioned already the pungent loaf of rye bread we once received, and other interesting oddities encountered include a sample insulator for an electric fence, plastic pipe, bulbs, the occasional seedling tree and an introductory pack of earthworms which suicided before collection from the post office. More recently, we all enjoyed the special deliveries of flowers and chocolates to the office sent by the mysterious admirer of one of the team. Several current curiosities are a novel system for sending coins in the mail and a somewhat unseasonal Christmas card. With the rain pouring down outside and wind as sharp as a dagger it has been difficult to feel enthusiastic about the latter arrival.

The coins sent to the office were ingeniously organised in a mode euphemistically described as a Scottish money order. And how was this new currency fashioned? A thick multi-layered piece of cardboard the size of an envelope was cut from a supermarket box and holes to fit the coins incised into it. These holes left one outer layer of card intact, making the cutting quite a finicky process. The coins were then slipped into the indentations and taped securely, and a piece of thick paper placed over them. The humorous craftsman labelled this resourceful offering 'Scottish money order'. It passed safely through the post from interstate before arriving here. It goes without saying that we do not recommend sending cash through the mail, but if perchance a person is desperate to send a coin or two this cunning method seems a reasonable one. Only a GR reader would originate such an idea!

As to the Christmas card, Christine our office manager insists it is the handiwork of a really organised person. Procrastinators like myself, however, automatically assume it has been left over from last Christmas and that its arrival is the result of an effort to catch up. No doubt Christine is right and it is our first card for the 1996 festive season, and we thank our unconventional early bird, Stan Polley, for his cheery wishes. Just hope Stan is not expecting

a reciprocal card straight away.

In this magazine is the final part of Susan Hand's story on the issues facing family members after accidents involving head injuries. Such accidents are feared by most parents and Susan is to be congratulated for putting pen to paper so others similarly affected may benefit. The self-sufficient farm also carries the potential for accidents and it is inevitable someone, somewhere, will suffer serious injuries. Susan's experience may help other families to cope in similar situations and provides ideas for rebuilding shattered lives. Thank you Susan for your brave and honest thoughts.

We like to know our contributors' efforts are appreciated and that those with lifestyles extolling GR principles are acknowledged for their endeavours. The Feedback letters are great in this respect, but don't forget the more formal opportunity offered through the *Grass Roots* Awards. They have been structured to endorse the efforts of our GR family regardless of whether they are renowned or little known. This issue we have a fine mix of nominees. Dan Daley and Laurel Wallace have been put forward for the Lifestyle category, as have Marion and John Boetje. Don and Laurel's life on their 80 acres just outside Gympie 'reflects the true GR lifestyle' and includes activities like vegetable growing and milling the timber on the property for use in their owner built house. John and Marion have contributed articles for many years. Their detailed story of making and marketing toiletries in issue number 110 was outstanding. Pat Coleby and Arthur Frith were selected for Community Service. Pat was an early contributor to GR and is renowned for her expertise with livestock and willingness to help those with health problems. Arthur, writing over the last two years, has demystified car mechanics for all we simpletons - 'making cars seem a bit more manageable for the GR masses'. In the Innovations category, two active, highly competent people have been proposed. Firstly, Vivienne Manouge 'for her intuition and observation of nature in developing uses of native plants for the benefit of humans and animals'. Vivienne contributed a series on bush herbs in 1995 with the most



exquisite hand-drawn illustrations. The second nominee is Peter Davies whose story on Reach Renovations was featured in the last issue. 'So wonderful to see a business person with principles and the courage to incorporate them and make the business successful'.

It is inspiring to reflect on the determination and skills shared by this talented group and enjoy the satisfaction that comes from knowing you have supported their efforts through loyalty to GR magazine. We look forward to further nominations in the months to come and thank the people who have taken the time to select and send in their recommendations.

No matter how well prepared we are, there are always a spate of dramas during the deadline period. This issue a debilitating strain of flu has struck with a vengeance, and while the resilient individuals here have escaped contracting it, Kim and I have succumbed. Headaches, streaming noses and languor have accompanied this malaise, and Kim in particular deserves a medal for fronting up each day and typesetting despite how dreadful she has felt. Discussions, naturally, have centered around the best remedies and back copies of GR searched. Garlic invariably seems to be the preferred cure-all whether it's rubbed onto the soles of the feet or swallowed whole. And while many cures sound worse than the condition, David's favourite sounds unbeatable. He recommends sufficient whiskey to induce a stupor, at which level the germs simply cannot survive. A good night's sleep is assured, and when the patient can raise their head next day the flu will have almost disappeared or be the least of the patient's problems. One dose, I'm assured, will fix most patients (hic)!

# DOING IT FOR MYSELF

by Julia Hancock, Erskineville, NSW.

Every time I've opened *Grass Roots* over the last 15 years I've yearned to move to my own piece of heaven in the country. The reality is that I shall be stuck here in the city for a few more years before I make the giant step towards my rural idyll. In the meantime what's a poor girl with her heart in the country but her head in the city to do? We all need to inject ourselves with a little of the 'feel-good-factor' when life is not quite as perfect as we'd like, and this is how I've done it.

## COMBATING THE CLAUSTROPHOBIA

I live in a tiny single-storey terrace in inner city Sydney, a stone's throw from the commercial business district. My suburb is considered to be one of the more desirable up-and-coming residential areas of the city, but the lack of parks and green public spaces makes it a very claustrophobic place to be. In the two years that I've been here I've expanded my living area to include extra 'room' outside. My tiny backyard now doubles as a dining room, an office and a workshop when necessary. I take every opportunity I can to be outside where at least I can listen to the birds, feel the warm sun on my back and enjoy a relatively leafy environment.

## CONQUERING THE CONCRETE JUNGLE

When I first moved in, my front garden had been concreted over and was a bare and ugly expanse of grey. With the help of a strong neighbour I dug up the concrete and established what is now the prettiest front garden in the street. People frequently stop to admire my work and ask me what particular flowers are and how I get them to bloom so well. I often send them away with a cutting or a bloom as well as sharing with them my tips for growing successful ornamentals. My theme is pink and white to complement the stained glass

windows in my Federation style cottage. White Iceberg roses flower practically all year round, and seasonal displays of pansies, primulas, jonquils, petunias and fuchsias complete the scene. On warm nights, the fragrances from jasmine, gardenias and daphne waft in through the bedroom window. While my front garden is my showpiece, the indulgence stops there and my back garden is very much a production site where everything planted has a purpose.



My potted rainforest most attractively fills a previously unsightly wasted area.

## A DEMOLITION JOB

Eighteen months ago all you could see in my backyard was a horrible old shed and a Hill's hoist. Both had to go before I could plan any sort of garden. Because I was so short of space but still wanted room for a table and chairs, I made U-shaped beds around three sides and used the fourth side for a fold-down washing line. Three empty beds provided me with ample opportunity to grow crops with short lifecycles such as lettuce, capsicums and tomatoes. More permanent fixtures included

herbs, a couple of trees for shelter and some climbers to hide the new fence. As things started to grow I had fun interplanting with flowering annuals to add colour to the otherwise sombre green scene. Dinner guests would be intrigued with my colourful salads containing nasturtium flowers, calendula petals and wonderful dark purple basil leaves.

## WASTE DISPOSAL

Getting rid of the weeds and clippings can be a problem in a tiny garden unless one tosses them in the bin. Having enrolled in an Earthworks course run by my local council in conjunction with the NSW Environmental Protection Authority, I was loath to add to the city's rubbish problem with any biodegradable material of my own, so I started a compost heap. The Council



The Council provides compost bins for a reasonable sum and encourages all residents to 'do the right thing'. One of the highlights of the 13-week Earthwork course was a field trip to the Lucas Heights Waste Management Centre. Witnessing truck after truck of the city's garbage being off-loaded made me all the more determined to reduce the amount of stuff I put in my bin. Now that Council has implemented an efficient paper and glass recycling service I'm pleased to say I've achieved minimal garbage levels. And I can boast of superb compost within two months thanks to the surefire Earthworks recipe. Earthworks also provide comprehensive training on the use of worm farms and the benefits they provide the urban dweller. My worm farm is a source of a marvellous by-product - worm juice, a fabulous liquid fertiliser. Bottled up, it makes a great gift to other gardeners who haven't yet discovered the delights of worm farming.



Plenty of compost and mulch are essential requisites for any garden. Photo taken at the Earthworks garden which is developed on permaculture principles.

got our own Earthworks garden to maintain, so there is always work to be done there. Nearer to home there is a community garden just around the corner, so my next project is to join the co-operative. I've been looking longingly at their lovely lush garden through the cyclone fence but until now have been too preoccupied with my own plot to have any spare time or energy for it. But now I'm ready and able for another challenge and hope to be able to grow all those vegetables that are too large for my own garden, such as spinach, broad beans, potatoes and corn.

### A BRIGHT FUTURE

While I used to despair at being trapped in the city, I've now discovered that it offers plenty of scope for GR-minded people if one has an imagination and knows where to look for green opportunities. While I still dream of living in the country, I'm now satisfied to wait for my time to come, knowing that in the meantime I can walk out of my back

### PORTABLE RAINFOREST

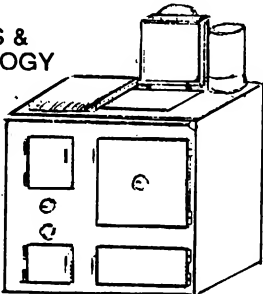
Having got my front and back gardens up and running I looked around for other ways I could make the most of my tiny plot. The passageway between my house and my neighbour's is a dark and slightly damp area where the two houses are divided with a concrete path. I've yearned for my own rainforest for a long time, but realising it was an impossible dream for the moment I hit upon a compromise and set about creating a potted version for the passageway. My rainforest consists of weeping fig, kangaroo vine, bird's nest and hare's foot ferns, a couple of staghorn ferns and a dwarf lillypilly. The effect is of instant tranquillity and it makes excellent use of an otherwise wasted space. The beauty of having everything in pots is that I can take it all with my when I finally move to the country.

### GOING GREENER

Now that my own garden is looking after itself I'm scratching around for things to do with my green thumbs. An ongoing benefit of participating in the Earthworks course is that we've now

door and pick my own green salad whenever I like. Although it's a far cry from self-sufficiency it is a small beginning in what I hope will be a completely productive lifestyle in the years to come.

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# VITAMIN E FOR FIRST AID AND SKIN CARE

by Gail Kavanagh, Penrith, NSW.

I'd never heard of a tropical ulcer before I came to Australia. Raised in northern climes, where cuts and sores tended to freeze over, I was shocked to discover that a simple cut on my foot caused by snagging it on some barbed wire was rapidly turning into a humungous open sore that refused to heal.

Being new to the country I took myself off to an elderly country doctor who cheerfully explained this phenomenon to me. As I had rightly guessed, it was nothing unusual in his experience.

'Tropical ulcer,' he explained. 'Don't go to Queensland. You'll be covered in 'em.' He gave me some powder along with this advice, and eventually the sore did heal up, but it took ages and left a scar millimetres deep on my foot.

One day, however, my travels did lead me to Queensland's far north and the doc's prophecy proved all too accurate. Every cut below my knees turned into an ulcer. I was given a cream to 'draw out' the poison, which only added to the agony, and the problem. It appeared to be drawing out everything else as well. Before long, the two deepest sores on my ankles were showing bone. That, I decided, was far enough. In my travels I had also learned something of the wonders of vitamin E, and how it actually repaired skin tissue. No way was I going to have holes all over my legs.

This was back in the early '80s, and I obtained my vitamin E in capsule form.

When I broke open the capsule, a fine white powder, reminiscent of my country doctor's cure, came sprinkling out. I took myself for a paddle in the ocean, to clean out the sores, took what I hoped was a last look at my ankle bones and tipped the contents of the capsule directly into the sore, sealing it with a band-aid. I did this every day, and I kept doing it because every time I peeled the plaster off the sores were smaller. I could actually see the tissues re-forming. When the sores finally healed they did so with minimal scars that have long since faded. I felt like Marie Curie.

Now I obtain vitamin E in concentrated oil form, although it still comes in capsules, from the supermarket. I bite the end off the capsule and squeeze out the contents, applying it directly. The oil works as well as the powder did, and I've also found other uses for it.

If you have rough, sun burned or very dry skin on the hands and face, smooth on the oil from one or two capsules. Age and liver spots on the hands fade if you use this concentrated oil regularly. Boils, impetigo and other rashes have all responded well when I have used vitamin E oil directly on the affected area. It works faster than commercial vitamin E creams.

You don't have to actually take vitamin E by mouth at the same time, because it is being absorbed through the skin. However the capsules are expensive, so to make them go further, try



mixing the contents with a commercial moisturiser or cream for general skin care use.

Treating a tropical ulcer is very simple. Just make sure the area is absolutely clean by soaking in warm salty water, then apply the vitamin E directly into the wound, not just around it. Seal the area with a band-aid, and repeat this procedure every 24 hours.

You will probably find a lot more uses for vitamin E than I have thought of, so add it to your first aid and skin care routine, and don't go to Queensland without it!

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# FOST AND FROGS

by Pam Cole, Tuncurry, NSW.

How often do we hear that funny mispronunciation of the weather forecasters' 'frost and fogs' (fost and frogs). It never fails to bring pictures to my mind of a shower of astonished frogs falling to earth, or perhaps skidding about in icy conditions. But we had a lot of both at Silvertrees last year, frost, that is, and frogs as well. Yes, and fogs as well, which is really what the poor weather girl was trying to advise us about.

Fogs. Some mornings you wake to a kind of soft stillness. Though the calendar says otherwise, at first you suspect that the morning's dimness must be because there's no moon, but no, that's not right, it was three-quarters full at bedtime. Must be foggy. Having lit the fire and a candle to aid the morning's dim light, you make for the back door to let the cat in. Thanks, cat, just needed the bare ankles to be brushed with clammy, damp fur. You look up and see the reason why. A wall of pearly mist, thick as smoke, the nearer trees show dimly through, but the shed is hardly to be seen. A sheen of moisture on verandah posts and the closest leaves, all the world wrapped in a quiet blanket. On foggy mornings the wild birds are still and quiet. An occasional uneasy chirp, but that's all.

As time passes the light in the east grows stronger, the sun comes up from the sea with a widespread rosy glow. Slowly the fog disperses, more and more wet grass becomes visible, it lifts, and trails away upwards like the gentlest of smoke, in wisps and trails among the dark bulk of the trees. Birdsong begins again, in a relieved manner, and the customary darts and swoops as they seek their breakfast among the trees and scrub around us. Well, that was fogs; fairly frequent, though varying from coarse salty sea-fog through the soft smoky kind described, to the lacy effect on autumn evenings as mist gathers in scarves around the throats of the trees. Frogs, on the other hand, are a

different matter.

As GR readers will know, frogs began for us here at Silvertrees with the discovery of a solitary brown fellow in the sand as we began building, and then the little community of squatters populating our last brick pile. Apart from the rain prophets Rolls and Royce, assisted by those charlatans Austin and Martin who simply croak when the watering system is on, we've accumulated a few more.

Painting the verandah woodwork this winter, Himself noticed two fresh green leaves among the brown remnants on the wisteria boughs. As he approached, dexterously applying the brush in-out-around-but-mostly-all-over the wisteria vine, the leaves resolved themselves into two green jellyish blobs of distinctly 'choco-frog' shape. Only too apt a description, as the blobs were indeed a pair of lovely green frogs, clamped flat as can be to the woodwork, just the faintest outline of folded-back legs to be seen. As the painting had to be completed he moved them gently into a nearby hanging basket, where they've settled down happily under its leaves and remained ever since.

Another can be seen at times in a tiny birds' nesting box on the back fence, a speck of vivid green against its brown clay. But it's when loading the barrow with firewood that the most amphibian activity takes place. Tiny brown fellows, just like the mob from the brick pile, with minute clasping fingers and rolling eyes in larrikin faces, detach themselves from the undersides of the wood as we pick it up. With a variety of lurches, leaps, stumbles and back flips, they remove themselves from the scene, leaving we human giants to the plunder of their castle. But it's done in the most nonchalant way, as though they were saying, 'Oh, all right, let 'em have that bit, there's plenty more nooks and cranies, we're not bothered'.

And so we come to frosts. Or rather, frosts have now come to us, and most

unusual that is on our lower north coast territory. Not just the once-a-winter fragile parody of a frost which we sometimes see, but really-truly frost of the 'inland' variety visited us last year. The plants were romping along through winter, with their usual coastal exuberance, they were quiet unprepared. We'd walk around exulting at vines and creepers now covering the chookyard fence, bushes half-hiding the sheds, trees twice the height of Himself. Forgotten our old scripture lessons, hadn't we: Pride goeth before a fall.

Out of nowhere, or rather, out of a semi-overcast sky, which was even more baffling, the overnight temperature plunged to minus 2.6° and we woke to a white world. Sparkling and beautiful, a thick frost like those of the many years of inland winters we'd lived through. We took photos, there'd never be another sight like this at Silvertrees. But oh dear, we soon had two more, almost as heavy. The sunny days in between pointed out the devastation.

Like most of our neighbours we lost all the vines and creepers except honeysuckle and grapes, everything low down on the ground except for tough old alysum and violets, and half our tree foliage. Eucalypts, melaleucas, grevilleas, lilipillies, willow myrtles. We were stunned at the local natives which succumbed to the frost. A lemon-scented gum for example, four metres tall, with foliage totally burnt by frost, a two metre eucalypt stone dead, very big willow myrtles crisped all over, every leaf brittle. Little comfort to hear the locals say, 'Never seen anything like it in thirty years!'.

So that's three of them covered. What's that? I left something out?

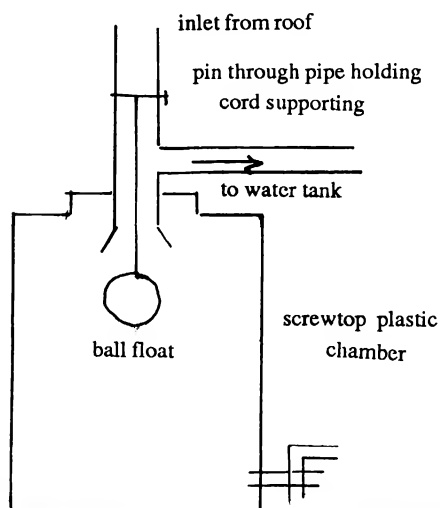
Oh, you mean... Fosts?

Well, who knows what they could be. Perhaps frosts minus one of the many R's in BRRRRRRR? We wait with bated breath and amused anticipation of what next Dame Nature tosses our way, and if it's a fost, we'll let you know.

# HOMEMADE WATER DIVERTERS

## DIVERter ONE

Here's a way of automatically discarding the first 20 litres of water collected that will be contaminated by pollutants settled on the roof since the last rain. The first water from the roof fills the chamber. The float then rises



and plugs the inlet. Then the flow is diverted to the water tank.

A drain cock on the chamber is set to let the 20 litres of water dribble out in a few hours. The chamber collects the first 20 litres from the next rain, diverting the rest to the tank. The chamber can be a home-brew type vessel with a screw top and the float and ball.

Water tanks breed mosquitos so put a tablespoon of kerosene on top of the water; it spreads out and makes a thin film preventing the mosquitos breeding. As the first overflow of the tank will wash this protective layer away, to stop this put a ball-cock on the inlet to prevent the tank overflowing. It will then divert the surplus water down the drain.

by Ian Fielding, Auckland, NZ.

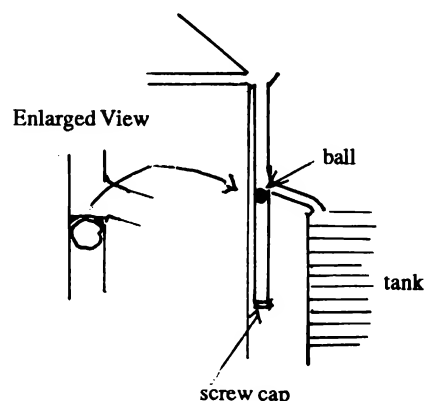
Reprinted from Doubleday News, August '94, the publication of the Doubleday Research Association of New Zealand. For enquiries write to: PO Box 5731 GPO, Wellington, NZ.

## DIVERter TWO

I came across this idea for diverting dirty rainwater and thought readers

would be interested. The downpipe has a ball inside that floats on water. When it reaches the T, it seals the pipe allowing the now clean water to flow into the storage tank. Before it next rains, the base of the downpipe needs to have the cover removed to allow the dirty water and leaves to empty out. Remember to replace the ball into the pipe when putting the cover back on.

by Gareth Adams, Wunghnu, Vic.



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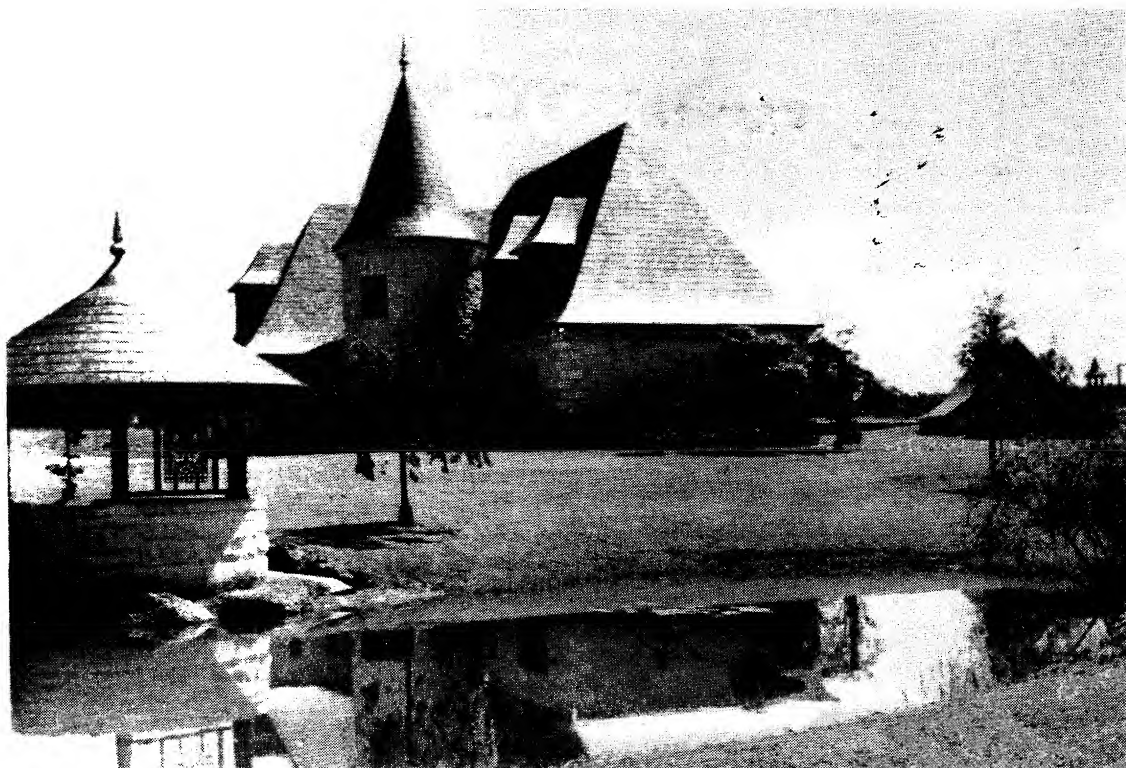
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# BUILDING THE LIMESTONE CASTLE

by Ian & Sandra McGown, Traralgon, Vic.



Our house design was inspired by French Provincial architecture which we had seen and greatly admired during visits to that country. In the provinces, great chateaux and cathedrals adorn the countryside unhindered by the restrictions of the city. Many bear testament to a time when rural princes, with great wealth and independence, sought to rival their neighbours and protected their wealth with fortifications.

To build a house in the French Provincial style in Australia needs an eclectic meld of architecture and choice of materials. In our case, the dominant style is clearly a replica of a building situated in the Dordogne Valley at Tremelar.

## WHAT GOT US STARTED?

It was never our intention to build the 'castle', as the locals call it. The house we saw in Tremelar was simply part of the picturesque landscape of an enjoyable holiday. The intention was always to build in Tudor style. This vision included a 'grand hall', hammer beam roof, diamond pattern antique glass windows, simple furnishings, the whole bit. Knowing we were to build a new home after

returning from holidays, careful note was made of all those Tudor buildings undergoing renovations, with special attention being paid to the methods of construction.

Surviving Tudor buildings seemed to fall into two very distinct classes.

(a) The great ecclesiastical mansions in which a bishop might live. With their carved stonework, castellated windows, and grand interiors. They were quite impractical for a normal domestic building.

(b) Then there were the 'black and white' houses with the exposed timber frame, and brick or stucco in-fill, with possibly a thatch roof. We soon realised that the primary obstacle here was the materials. Where does one get a goodly supply of old English oak? This celebrity among timbers is simply not available in this country. Furthermore, there is no Australian timber I know of that will last out in the open for 400 years. The concept was abandoned.

The photo album provided the alternative: French it was to be.

## WHY LIMESTONE?

Limestone for the walls was not our first

choice either. Sandstone has a much richer colour but is only available in 'free stone' form. The material is the same price as limestone but many times more expensive to lay. Bruhn quarries at Mt Gambier are now mining their second level stone. It is superior to the surface stone which is less dense. The stone is supplied as 'plain-face' or 'rock-face' machined blocks, and is truly wonderful material in which to build. Machining is so easy. We chose to lay random stone. This involves cutting the standard size blocks into halves (either way) quarters or thirds and re-machining the cut edges. Time consuming? Yes! But what a difference to the appearance of uniform-sized blocks.

## BUILDING METHODS

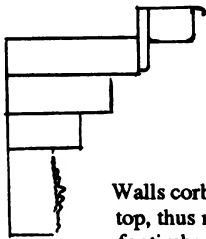
### Walls

Well, of course we came across some problems. The bricklayer had to force himself to avoid the normal laying techniques, with the repetitive row upon row of regular blocks. It is also necessary to avoid working to a repeatable pattern. That would create long horizontal or vertical seams. Habits of a lifetime are hard to break. A true 'ran-

dom lay' can only be achieved by taking the next stone from any pile and laying that next – irrespective of the size, and then turning to any other pile. Some adjustment was quickly made when two tradesmen on either side of the tower were laying differently.

The limestone can be cut with virtually anything; a handsaw, powersaw, bandsaw, and chainsaws were all used. The bandsaw used for the curved stone on the tower was bought second-hand and came from a butcher's coolroom. It had been used previously for cutting bones. We never blunted a blade. A few snapped when the stone was wet or the speed had not been adjusted to suit the material.

Now, if the walls are corbelled out at the top there are no timber lined eaves. I will never need to paint an eave again. With copper guttering there is also no need for painting and the appearance is improved by concealing the downpipes in the wall cavity.



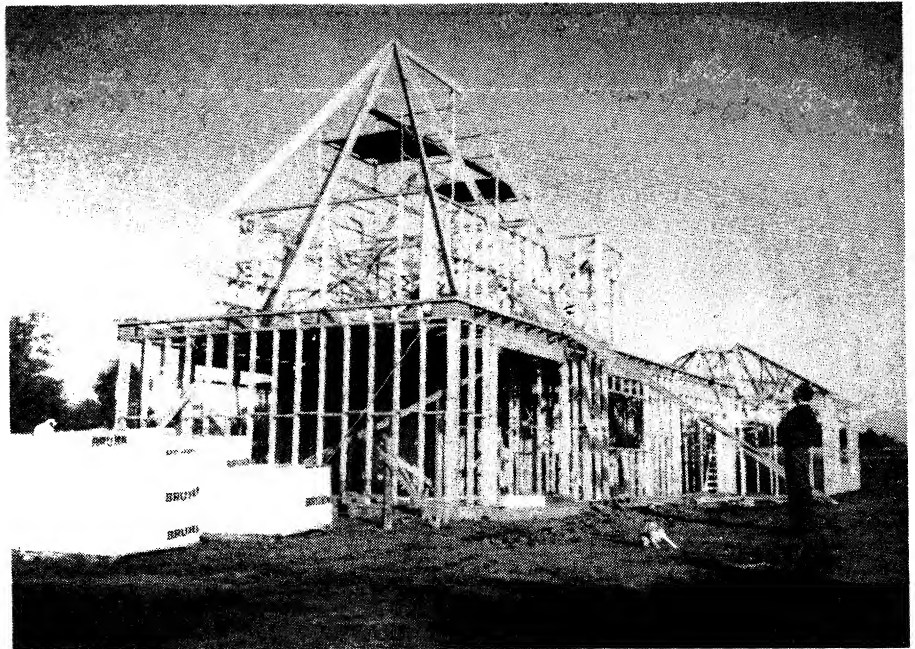
Walls corbelled at top, thus no need for timber eaves.

### The Roof

The roof was always to be in terracotta shingles, like the original building. However, the Australian product was inferior and the imported ones were not ready. George said he would sell us a cheap slate roof. Joke! I could build a house for the price of that roof. But he did promise a life of 120 years.

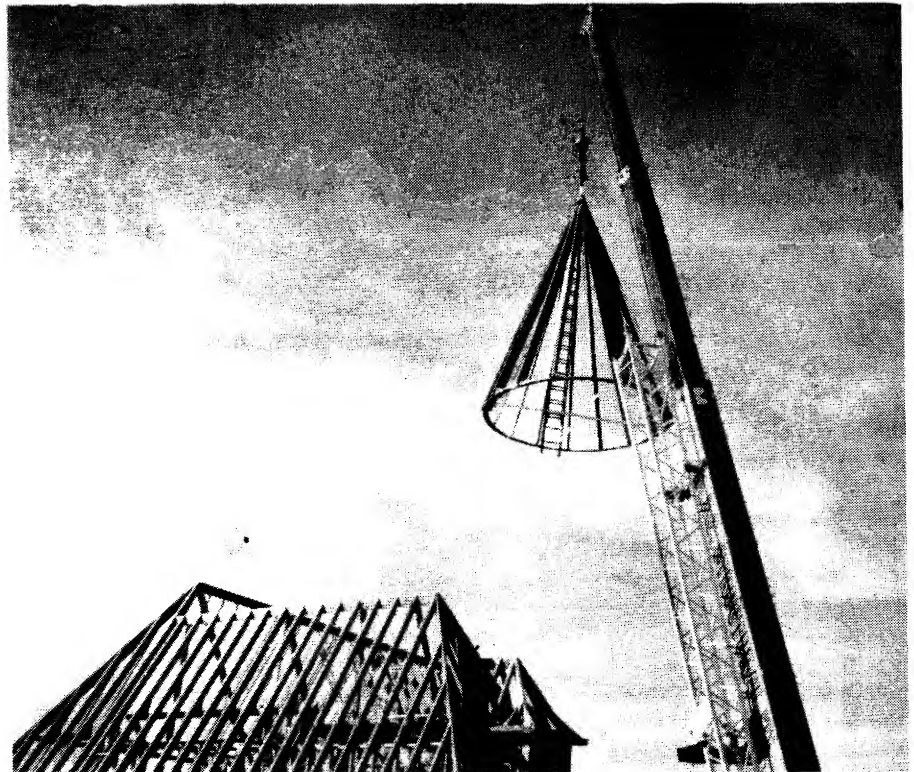
The tradesmen were mainly Englishmen; one, an ex-Grenadier guardsman, did most of the high work. The steep pitch was not helped by the weather. We threw all of Gippsland's foul winds at them but still they managed to hang on. With the tradesmen fortified by literally gallons of tea, and meal breaks that looked like banquets, the job progressed inexorably. But the slating of the conical tower with its flare at the bottom (the bell-cast) proved to be a challenge despite assurances of previous experience.

Let me first illustrate the comparison between English and French roof design. In the pitched roof we are all familiar with, the main rafters are extended beyond the walls to form eaves. The



Above: The castle at framing stage.

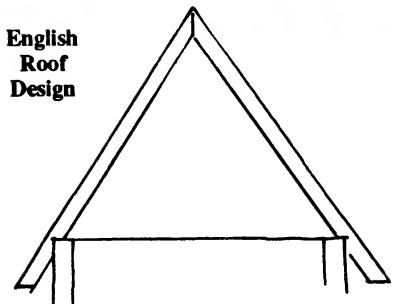
Below: The tower framework was installed by a cherry picker.



rafter is checked out in a 'bird-mouth' and nailed to the top plate, thus:

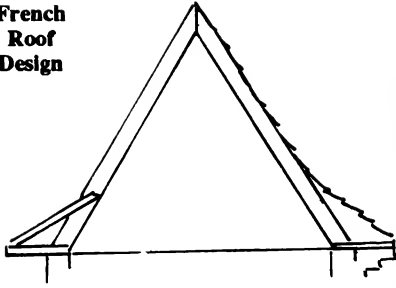
In France, the main rafter lands directly on the load-bearing wall. Jack rafters of lighter timbers are attached as shown on the facing page. The saving in length of the heavier rafters is significant. And, of course, a wonderful flare is created. (See page 13.)

English  
Roof  
Design





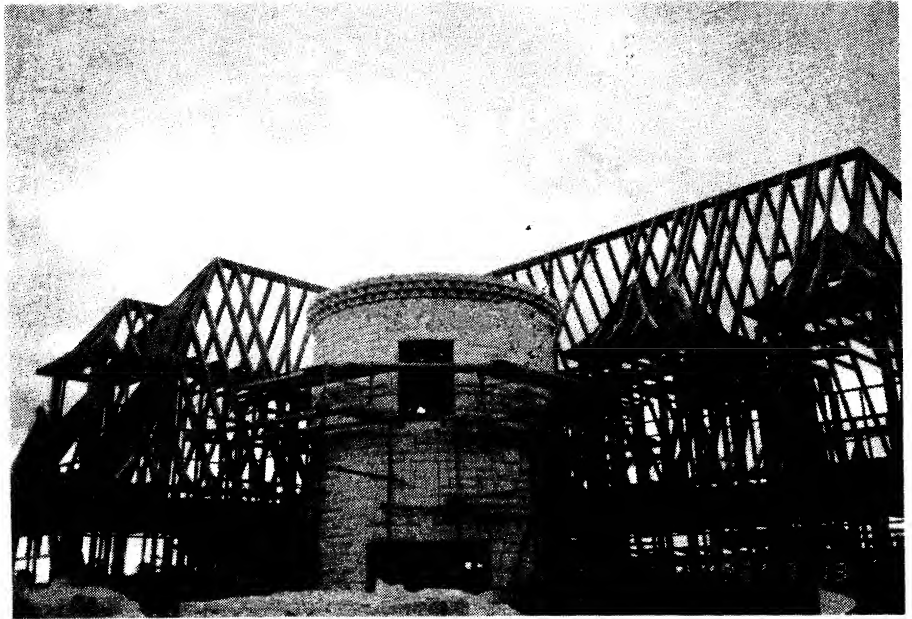
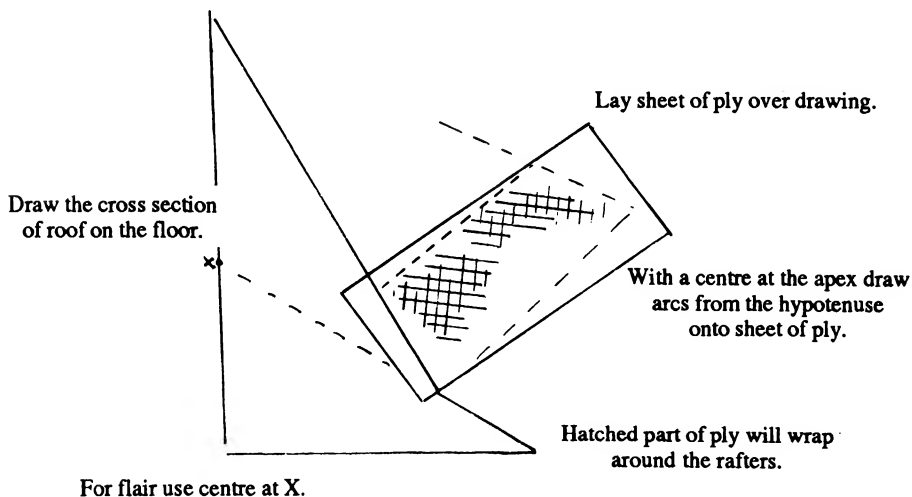
## French Roof Design



Roof slates are aligned by marking the battens with a string line soaked in dye. The ridge and barge board are marked out with equal spacings. The dye line, is held tight top to bottom and 'plinged' to produce the marked lines on the battens.

On previous jobs the frame for the conical tower had been completed, but here the slaters were faced simply with a 'tepee' of rafters and nothing on which to attach the slates. One could sense there was a problem: this part of the job was put off till last. The foreman was obviously out of touch with geometry. When asked about the method of attaching a flat slate to a curved surface laminated battens wrapped around the rafters and tapered vertical boards were both suggested, but later abandoned. The cutting of the strips in banana shapes ready for gluing together or the shaping of noggins (with two tapers and a round front) seemed to be too time consuming.

A decision was needed. To 'board it out' with layers of plywood glued together, was the ultimate decision. But tradesmen slaters have mostly long forgotten their school geometry. I was required to lay out the work, illustrate the shapes required and cut and nail a few sheets on the rafter to get the job going. As you may remember the principle is this:



Circular base of tower shows random laying of cut limestone – a stunning effect.

'Lining-out' or marking the surface to align the slates on the cone was also a joint effort. The slaters explained the requirement for a weather-tight roof was to always 'maintain the bond'. In other words, every joint must be covered by another slate. So if you have 50 slates on the bottom row then there must be 50 on every row so every joint is covered. Naturally, as you are covering a tapered surface, every row of slates must be cut narrower so that 50 slates will suit that diameter. Virtually every slate had to be cut. At the top of the cone they get quite narrow and, of course, there is a limit. With this material it is 50 mm in width. At that point the slate is quite fragile and the rain running down between the joints migrates outward and down the nail holes of the slate below it. The top then has to be covered with a cone made

of copper sheet, to keep the roof water-tight.

That raises the prospect of a finial. No self-respecting tower would be without one. The shape could be a trident, animal forms, or wind-vane with compass points, but in our case, a teardrop and balls was selected. Bronze is the traditional material.

The selected shape, turned in timber, was provided to the foundry (Art Work in Bronze). All hope of casting it 'in the solid' was abandoned when the dimensions were appreciated and so, the 'lost wax' process was adopted to achieve a hollow casting. Even then one man could just lift it comfortably (?).

Both the roof frame and later the finial were installed suspended from a cherry-picker. Cranes are inordinately expensive to hire, and two were required as load and 'dogman' cannot travel on the same jib.

Plastering, wiring and fitting out of the architraves was undertaken by the owner builder and a mate who responded to every challenge. The round tower created most challenges.

## Windows

Dormer windows penetrate the roof to give light to the upper rooms. I insisted on inward-opening windows, to howls of protest from the local window manufacturer. His 'can't be done' was ignored. I know all dormer windows in Europe open inward. 'Anyway! Call them doors,' said Stegbar. They open inwards and can be sealed against the

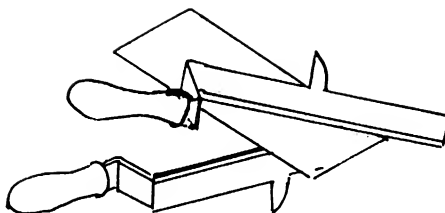
weather. Window seats were installed to ensure that if there was a leak, after storm, no water would get to the carpeted floors.

The advantages greatly outweigh any perceived alternative. Windows can be washed, or painted, from inside. No ladders are required. High winds can only close them against an inside wall, whereas an unsecured outward-opening window can be completely destroyed. And what's to happen to the window boxes if you open outwards?

## TOOLS

We certainly didn't need any special tools or equipment for the timber frame. It seemed that a nail gun and a power saw were sufficient. Much to my annoyance, I simply could not get the carpenters to predrill the critical nailing points to avoid splitting of the timber. There would have only been a dozen or so places that needed this treatment.

Roof slate is cut with hand tools on site. They come in pairs (right and left hand). One is spiked into the batten to act as an anvil, the slate is laid across it and the other chops off the overhang at the required spot, thus:



No other special tools were employed, but, as with all building projects, there was always great demand for ladders, power leads, cordless drills, pencils and rulers.

Finally, let me mention the greatest \$100 I ever spent, and pay tribute to the machine it hired. A plaster sheet lifting frame is a device of incalculable advantage. Gone are the days of a team of mates with broomsticks holding up a plaster sheet while you hammer nails upside down into ceiling joists. With the frame, the sheet is lifted onto two pegs in an upright position, tipped over so it lies horizontal, then simply cranked up to the roof with a winch. Wheels allow adjustment to the position of the sheet and with no weight for the plasterer to support the sheet is secured to the roof with the screw gun.

Absolute magic; and so simple.

## CONCLUSION

With the right tools, each operation in the construction of a building is generally simple. The great masterpieces of European architecture were created 800-900 years ago using a few simple tools. Nothing need daunt a builder today if possessed with a modicum of money, experience, and common sense. With a vision and determination it is possible to create a structure of enduring value, and one to be proud of.

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# CELLULOSE FIBRE INSULATION

by Michael Wallace, NSW.

There is a lot of discussion about insulation when building or renovating a house. What sort is best? There are many types available: simple silver paper, wool batts, fibreglass batts, polyester blankets and cellulose insulation are the most common.

Fibreglass and cellulose hold by far the greater percentage of the market, but many people fear a health risk from fibreglass, and others fear a fire risk from cellulose, which is effectively pulverised paper. Generally wool batts are accepted as the most desirable, but then again they usually cost more as well!

The argument with fibreglass is largely to do with the loose fill that filters into your home environment. In Australia the size of the fibreglass fibres is around four to six microns, larger than the one to three micron size that caused the silicosis that coal miners suffered from, but still an unknown quantity and of some serious concern to researchers. Also there is residual formaldehyde in fibreglass, though this is often denied.

People worry that cellulose, being mulched paper, will burn. It will if not treated with borax decahydrate. (Not the stuff you do your washing with!) Borax retards the burning capability of paper dramatically and also tends to keep out bugs. In point of fact, only three percent of house fires start in the ceiling, and only treated wool or treated paper will help retard one if it does start.

Few people realise that the wool batts are treated with borax as well to fire retard them, because, contrary to popular opinion, when you get to the contained 700 degree plus heat of the house fire, untreated wool burns very well indeed. It is not the fat content, the wool itself will burn. So don't just throw those old fleeces into the ceiling! Dust them thoroughly down with borax decahydrate first.

However there is a way for you to insulate your entire house (when building) for virtually no cost. It is safe, effective, and very simple to do. You can also insulate the roof of an existing house, but walls of existing houses are difficult in this situation. How do we do this? You read newspapers, don't you?

Your friends read newspapers, your neighbours read newspapers. Well, get them to drop them over to you when they are finished. You can also use old yellow pages books, but these are more time consuming to install as the sheet size is small.

Then you go buy a bag of borax decahydrate (from a chemical supply company), which fire retards the paper very effectively; 40 kilos should cost around \$60 to \$70 and this is more than enough. As well, if you are in a rat area, you might also consider a bag of boric acid. (Mix as 50 percent of the amount of borax used.) This can be irritating to people with asthma, however, so be sure to seal the walls well after installation. This of course should keep out the rats anyway! After this all we need is a pair of gloves, a bit of chicken wire (some might use ply), a large tub, water, and we are ready to roll.

We need to look at the house in the framing stage. Fill your tub with water and add borax until the solution is saturated. Three kilos to a 200 litre drum is usually sufficient. Add boric acid as well, if you are going to use it, at this stage. Boric acid and borax have little residual effect on the human system, but wear gloves anyway. If you get some in the eyes, wash thoroughly.

## WALLS

Tack up a length of chicken wire to one side of the section you are going to work on, and then simply take sheets of newspaper, wet them in the solution, and pack them into the frame. The chicken wire acts as a form, but don't worry if you don't get the edges perfectly straight, as you can saw them back later when it dries.

Now you can leave the chicken wire in place, and this is a very effective pest barrier by itself. You can leave it 'raw' but the sun will discolour the paper in time, or you can cement render it, which can look stunning. Others might intend a more conventional finish and use a ply form which they can shift to each section as they get to it, and lay weatherboard or similar over the finished product.

Some might even like to add cement to the basic solution in the drum. At around ten percent cement to water this gives an even stronger overall finish, but really as a filler between the walls the paper is quite strong all on its own.

In fact, when you are finished you effectively have a fire retarded papier mache home. This process has been used in France for hundreds of years to insulate walls for both temperature and sound control. Packed paper like this is a very good sound insulator as well and if you are near a main road it can be very effective in reducing sound emission levels in the home. The roof is a little more tricky.

## ROOF

Ideally we should spend a little money and get some shredded paper for this purpose, but if this is not an option, we can still do it.

Obviously, if you have a plaster ceiling you do not want nice wet paper soaking through it. Similarly, if you have a nice wood ceiling you may not like the idea of wet borax solution running down everywhere and swelling your timber (even though your ceiling will never want to burn if you do soak it in borax solution).

The simple solution is to create a 'mock' ceiling, which is a wooden form that mimics the width of your rafters. You only need one, for it is a 'stamping' process. Lay the form on a flat area, a concrete floor is fine. Wet the paper (and here you will discover how much easier shredded paper is) and fill up the form. When the spaces are filled and levelled, lift the form, place next to the last 'mould' and do another one . . . and so on.

You can lay black plastic sheeting between each mould, and do them in layers as well, but they will tend to distort and take a lot longer to dry. It is fine if you have the time but limited space, the paper cuts to shape easily, but if you have the space, (preferably under cover), lay them separately as they will dry much faster.

Now you have effectively created paper batts. Just slot them into the ceil-



ing cavity when the roof and ceiling are fitted. Preferably do this before the sparkey does your wiring, but only because it is a little less fiddly. Alternatively, you can cheat and just buy cellulose loose fill insulation and spread it in the ceiling once the house is complete.

As another odd thought, if money is really tight, you can actually use newspaper as a lining for the inside of your home. It can be made to look quite full of character. The process is to simply wet the paper without scrunching it and apply it as sheets over the insulation you have already installed in the walls. It is difficult to do this on the ceiling, however, as the paper tends to suffer greatly from the effect of gravity. Happy papering!

Michael Wallace has been involved with converting paper into building products for many years. He is the director of Molecular Technologies, which has created a structural, fire-proof and waterproof paper panelling board. He also manufactures and sells portable cellulose insulation manufacturing and installing machines. You can contact him on: 066-795-538.



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# RECYCLE OLD CALENDARS

by Jose Robinson, Wild Cattle Island, Qld.

I always hate to throw away pretty calendars and usually have quite a collection of outdated ones in my studio cupboard. Sometimes the reverse side gets used for sketching or stencils, or even covering books. It's only as a last resort that I cut them up for scribblers.

Recently I heard of an idea of turning old calendar pictures into envelopes and it really struck an interested chord in my creative mind. Immediately I hunted out lots of old calendars and soon had an assembly line of attractive envelopes of all shapes and sizes being churned out to use for future correspondence.

Of course the stiff cardboard calendars are too thick for this use, but there are many calendars around of a thickness which is just perfect.

## PROCEDURE

To make a template, carefully pull an old envelope apart. Try not to tear it, so you end up with a perfect shape of an opened and flattened out envelope.

Now lay the template over your calendar picture. If it goes a little beyond the outer line of the picture, it doesn't matter, as it will probably be the glued-under edge of the finished envelope. Depending on the subject matter of the picture, you may be able to turn the template sideways, or even diagonal. It looks better if the main part of the picture ends up on the front of the envelope.

With a pen or pencil, trace the outline of the envelope template completely around the perimeter. Now cut carefully along this line, making sure you don't cut corners. With a ruler, fold over the four flaps exactly the same as the pattern. A little dab of glue will

secure the sides of the envelope. Finish the front with a stick-on white address label and you now have a postcard-like envelope at no cost.

Business-size envelopes too may be made, as long as the calendar picture is large enough. I have made myself several different size envelope templates, so I make the envelope size to suit the calendar picture.

Sometimes if the pictures are not too fussy and there is plenty of plain area (as in a lake or the sea) an address sticker is not necessary if the plain space coincides. Then simply write the name and address onto the relevant area.

Last year the CSIRO Division of Forestry put out a most spectacular calendar (in fact they usually do) and each of the twelve tear-off month pages depicted groups of various Australian native tree seeds in a most artistic and colourful manner. I almost hate to cut them up, but they have made the most unusual and visually attractive envelopes with their wonderful Australian flavour. Great for overseas letters!

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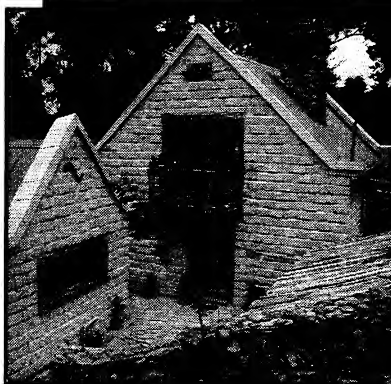
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# 'GRASS ROOTS' AWARDS

We know our readers are a special group of people, their achievements are many and their talents diverse. They usually don't seek notoriety, but are content to quietly lead their lives in accordance with their own values and in pursuit of goals important to themselves. In recognition of these quiet achievers we are initiating the Annual *Grass Roots* Awards and calling for nominations in the following categories:

- **Lifestyle** – a person, family or group whose lifestyle most closely reflects *Grass Roots* self-sufficiency.
- **Innovation** – a person who has invented or produced something which aids or advances a self-sufficient lifestyle.
- **Good Samaritan** – a person who you know goes out of their way to help others in a variety of ways. The Feedback pages contain many examples.
- **Community Service** – a person active in the community in the promotion of self-sufficiency and environmental care.

The prize for each category is a Going Solar gift voucher to the value of \$200. Nominations will be published in each issue of *Grass Roots*. Voting details will be provided later in the year and the awards will be announced in the Dec '96 - Jan '97 issue.



## Nomination Form

(cut or copy)

### Conditions

Nominees must be persons you have read about in, or contacted through, *Grass Roots* magazine. You may nominate one person per category, per issue, but, it is not necessary to nominate a person in each category. Employees of Night Owl Publishers, and their families, are not eligible. Include your own name, address and phone number and that of any person(s) you are nominating.

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# HEALTH HINTS



## SALT CONFIRMED FOR BLOOD PRESSURE

Not everyone who eats a lot of salt gets high blood pressure, but it has now been proven that for many with hypertension, salt is at least one of the causes.

Emeritus Professor Derek Denton, of the Howard Florey Institute of Experimental Physiology and Medicine at the University of Melbourne, has completed research on African chimpanzees (genetically close to humans). The colony is at Gabon near the Congo border. They were living naturally on a vegetarian diet with a very low sodium intake.

After salt was progressively added to the diet of half of them for nearly two years, they had highly significant rises in blood pressure compared to those chimps on no salt. In those receiving salt, the amount eventually reached 15 grams a day, which would be a high level for most humans. As a result, blood pressure reached a high level.

Six months after the salt was removed, blood pressure was back to the original levels, confirming that salt was the culprit.

Other factors can send blood pressure up, but this study confirms that salt is a major factor.

## PREVENTING OSTEOPOROSIS

Osteoporosis is a progressive reduction of bone density, which makes the skeleton gradually more brittle. There are many risk factors – a small frame, an early menopause, or the use of certain drugs (tetracycline, excess thyroxine, long-term anticonvulsants or steroids, to name just a few.) Too much protein and sodium play a role in the development of the disease, and vitamins C and D, magnesium and calcium are essential for sound bones.

In osteoporosis there are often low levels of calcium absorbed, largely because of intestinal malabsorption. This may be due to inadequate levels of vitamin D3, which is synthesized into calcitriol, an important regulator of calcium absorption and stimulant of bone production, which itself is closely regulated by circulating levels of parathyroid hormone (PTH), by phosphate and concentrations of calcium in the serum.

Vitamin D3 is actually a hormone, not a vitamin. Like cortisone or progesterone, it and calcitriol are formed from a cholesterol-like substance in the skin by ultraviolet rays in sunlight. It markedly increases the percentage of calcium taken up into the bloodstream from the diet through the gut lining and stops most of the calcium and magnesium we consume from being lost in the urine, so recycling much of these minerals back into the bloodstream. It also ensures that more calcium enters the bones and stays there.

In the elderly, the problem occurs because of a lack of exposure to sunlight, and the decreasing ability of aging skin to synthesize vitamin D. Chronic dietary vitamin D deficiency is also common in this age group, as is a waning ability for the kidneys to synthesise calcitriol. Aging also reduces the number of calcitriol receptors both in the intestine and in the bone. And of course 50% of the elderly have low stomach acid, which seriously impairs calcium absorption from the digestive tract.

For sunlight and vitamin D to be successful in helping prevent osteoporosis, by stimulating bone remodelling and keeping levels of PTH normal, it's important that you have proper digestive function and adequate supply of dietary calcium.

Despite the universal Western belief that without milk it's impossible to get enough calcium, cow's milk products also contain a level of phosphorus high enough to interfere with calcium uptake. Furthermore, many nondairy foods such as almonds, figs, sunflower seeds,

and leafy green vegetables provide abundant calcium.

## TALC IN CONDOMS: CANCER WARNING

Two doctors from Dallas, Texas, are sticking to their guns after claiming that the male condom can cause cancer in the woman.

The culprit, they claim, is talc, a dry lubricant used on the surface of condoms. Studies have linked talc to ovarian cancer and to fibrosis on fallopian tubes, thus making the woman infertile.

Drs Candace Kasper and P J Chandler point out that the American Food and Drug Administration has recognised the dangers when talc has been applied to surgical gloves, and so banned the practice, but still allowed the substance to be coated on condoms.

Last March, when doctors first voiced their fears in the pages of the *Journal of the American Medical Association* (JAMA), they urged condom manufacturers to stop applying talc.

Reprinted from the *Hippocrates Newsletter*, a publication of the Hippocrates Health Centre of Australia, Elaine Ave, Mudgeeraba 4213.



## HEALTHY BRAZIL NUTS

Eating only one or two brazil nuts a day will provide you with the entire US recommended daily allowance (RDA) of selenium. Brazil nuts contain 30 times more selenium than any other food. Selenium is a trace mineral with antioxidant properties.

## HOMOEOPATHY

Two correspondence courses are now available, written by well known practitioner, author and lecturer Isaac Golden, Principal of the Melbourne College of Homoeopathy.

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For full details contact:

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# ENTERPRISE BEARS FRUIT

After the big move from Sydney, the two Wests struck drought and recession. Now a family of six, they run a highly successful family business selling fruit salad trees across Australia.

by David Miller, Shepparton, Vic.

Sixteen years ago, James and Kerry West were living a busy life in Sydney. They had full-time jobs, a modest car detailing business which they worked in at weekends, and they were putting the finishing touches to their dream home. The West's dream home was a 60ft ocean going yacht which they had been building in their spare time over seven years. The next chapter in their lives was to be spent sailing around the world, after which they would sell the yacht to a millionaire, and use the proceeds to settle down and raise a family!

Kerry was a native of suburban Sydney and was quite surprised when she met someone like James on her home turf. He was born in Hungary and had worked on the land before coming to Australia. James came from a mentally hyperactive family – they were always finding out about something, always working on a project and forever reading at the table. James and Kerry quickly found a common bond in their love of adventure; as Kerry blithely says, 'I'll have a go at anything!'.

As the time to sail grew nearer, James became more nervous. He feared a downturn in the economy and wondered if they would even get their money back on the yacht when they eventually sold it. After discussing his concerns, James and Kerry decided to sell the yacht immediately and take their second option, farming.

You might imagine that farming and sailing have absolutely nothing in common. To the Wests it was the challenge of self-sufficiency – living in natural and peaceful isolation, without the noise and pollution of the city, constantly testing your ability to survive against the elements. The Wests bought a map of NSW and copies of *Grass Roots*, and started their search for a farm.

James and Kerry hated the heat, so they headed for the tablelands. They started at Tamworth and eventually

found their property at Emmaville, in northern NSW. It was bushy, rough and rocky, in fact on most of it you couldn't plant a tree because of the rocks, but they loved it and bought it. Next they bought Merinos for fine wool production, but drought came, testing their lack of experience, and they found it hard to make a living. Their savings were soon spent and James went back to work in Sydney. After six months he returned, sick of the city but with an idea for a business – they would special-

ise in reconditioning and selling VW beetles. The Volkswagen was economical, inexpensive, reliable, and there were plenty of parts available. James immediately set to work to learn all about mechanics, panel beating and spray painting, and two months later they had their first car for sale. The business was based at the farm and progressed slowly, selling six vehicles in the first year from advertisements in the local paper. Sales slowly grew until they had a few vehicles on display in a



This small citrus salad tree combines orange, mandarin, lemon, lime, grapefruit and lemonade.

small yard on the New England Highway, but the recession came and sales slowed.

During this period, the Wests had very little money, and James wanted to start an orchard. Unable to buy trees, he started reading about budding and grafting, and the different varieties of fruit. He also noticed that many stone fruits had similar rootstocks. One day, he went to the plum tree in the garden and grafted 30 varieties of almond, apricot, peach, plum and cherry onto it. Kerry laughed, thinking they would all taste the same, but twenty-nine of the varieties grew. Kerry was surprised to see the different branches on the same tree with different leaf colours and shapes, and eventually, different fruit. They called it their fruit salad tree and it turned out to be the most practical tree in the garden. Next they tried the same with citrus and it too worked well. They found the fruiting period was spread over a number of months and there wasn't a glut of just one variety. Having a selection of different varieties on the same tree was an advantage – you didn't get tired of eating just one variety until it finished, you could preserve a range of different fruit and you didn't need as many trees for an orchard. They also found that, depending on the varieties, the citrus could be made to yield over 12 months, and it was easy to get 5-8 varieties per tree. When somebody mentioned that the fruit salad tree was ideal for suburban backyards and inner city living, James and Kerry decided to grow some to see how popular they were.

Initially they bought rootstocks from nurseries and budded the different varieties onto them. They tried plum stocks first, but found that peach ones were better mothers and could even be grown on the farm from seed. (They cannot grow their own citrus stocks, however, because the climate is too cold.) They found budding worked better than grafting and produced a more symmetrical tree. The buds could also be placed lower down to keep the tree shorter, so the fruit could be picked without a ladder. They budded up to eight different varieties per tree and decided on five tree types – stone fruit, citrus, apple, nashi and pear. Cherry varieties were not used because they found these to be unsuccessful.

The fruit salad trees would bear within the first 18 months, depending on the age of the rootstock, and could be plant-

ed at any time of the year. They were just like other fruit trees but James and Kerry found that some of the new branches grew faster than others, obviously because they were different varieties. If not corrected, the tree slowly became lopsided. To control this they simply pruned the faster growing branches back at any time of the year.

The Wests' first marketing attempts were at craft and community markets in Lismore, Armadale, Tamworth and Moree. At first, the fruit salad trees weren't well received – people laughed, and only a few could remember their parents or grandparents having anything similar. Something had to be done, so they found a few fruit salad trees that were already bearing, potted them up, and placed them on display at the next market. This silenced the sceptics and as their credibility increased, sales followed. The Wests were then in the enviable position of having to increase production, so they taught the children budding, watering, and all the other tasks in running a small nursery. The whole family could now run the business.

Two years ago, Kerry took some trees around to magazines in Sydney and left leaflets describing the different trees and varieties and how to care for them. There was an excellent response, with orders coming in from everywhere.

Now the West family sells fruit salad trees all around Australia. Trees are sent through the post. With the exception of WA, they can be sent in soil, so can be planted at any time of the year. (They are sent bare rooted to WA in winter only.) Accompanying them are notes on planting, growing, maintenance and pruning, and different fruit varieties are used for different climates.

Trees may be planted straight into the ground or planted in pots (popular in the city and inner suburbs), and there are five different tree types. The stone fruit can have a combination of peach, apricot, nectarine and plum. The citrus has lime, orange, mandarin, lemonade, lemon, grapefruit, tangelo and cumquat, and the apple, pear and nashi trees have five different varieties on each. Obviously, not all the possible varieties will be on each tree, because in the production stage, not all the buds are successful, but specific varieties can be ordered, and the trees are costed at about \$15 per variety plus postage.

Typically, James had another plan if

the fruit salad trees were not successful. Because they live in a wool growing area, he was going to try tanning sheepskins, so the family could make rustic winter sheepskin coats for sale. It was something he thought would become popular and the whole family could be employed in their manufacture. Fortunately for those who like their fruit fresh, the family is too busy for this project, but in true Grass Roots fashion, two of the elder children are having home schooling this year, so self-sufficiency is still high on the West family's agenda. Kerry and James have battled to make their new lifestyle successful, now they are passing on their energy and creativity to the next generation. Their four children, Scott, Lucinda, Dane and Mark, may be in greater need of these skills to survive.

You can write for more information on the fruit salad trees to: James and Kerry West, 'Willow Creek' Gulf Road, Emmaville, 2371. Ph. 067-347-204.

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# EMPTY POCKETS

## Mending Pockets in Trousers

By Elsie Hoare, Berwick, Vic.

Surely there are few things more annoying than a pocket with a hole in it. Suddenly we are deprived of our portable filing system. Nowhere to stow that odd rubber band, handful of seeds, garden ties, sundry nuts, bolts and washers, and of course, keys, coins and hanky.

To the newcomer in the field of clothing maintenance, the prospect of repairing the pocket of a pair of jeans or trousers can be a daunting one. It seems at first glance that it might be necessary to dismantle part of the garment to remove the pocket and replace it with a new one. In most cases this is not so, especially if the job is tackled early while the damage is fairly minor. I'm speaking of the kind of pocket which hangs loosely inside the trousers and is generally made of calico or nylon fabric.

Turn the trousers inside out and lay them out where you can see the pocket properly. This type of pocket is usually

attached to the waistband, the pocket edge, a little of the side seam, and sometimes to the fly section of the trousers. The pocket bag itself hangs, free of encumbrance, for several centimetres.

It is this bottom half of the pocket which wears out first, especially in men's trousers, therefore it is only this lower section which needs to be repaired. This is a very simple job and well worth doing because a good pair of trousers will outlast at least one, possibly two, pocket repair jobs.

### METHOD OF WORK

First unpick the pocket binding and seam stitching far enough to allow you to get at the damaged area (fig 1). Remember that anything you unpick will have to be resewn (by hand if you can't get a sewing machine foot in to it), so don't unpick any more than is necessary. If the pocket binding is in good condition you

will be able to sew it back in place when the mend is finished, or you may prefer to rebind the edge with a new piece of binding;

Peel the pocket pieces apart and patch the worn spot (fig 2) using fabric which fairly matches, in weight and durability, the existing pocket. It can be unbleached calico or the tail of an old shirt. About 40 x 20 cm will probably be more than enough.

I feel it is best to patch both sides of the pocket even if only one side has worn through. This saves having to do the job again when the weakened but not worn out half finally gives way.

Patch on the inside of the pocket to avoid the fingers having to come into contact with torn fabric when the pocket is used, and topstitch the main join a couple of times for good measure.

Press the patches then close the pocket and trim the edges to the original

Figure 1

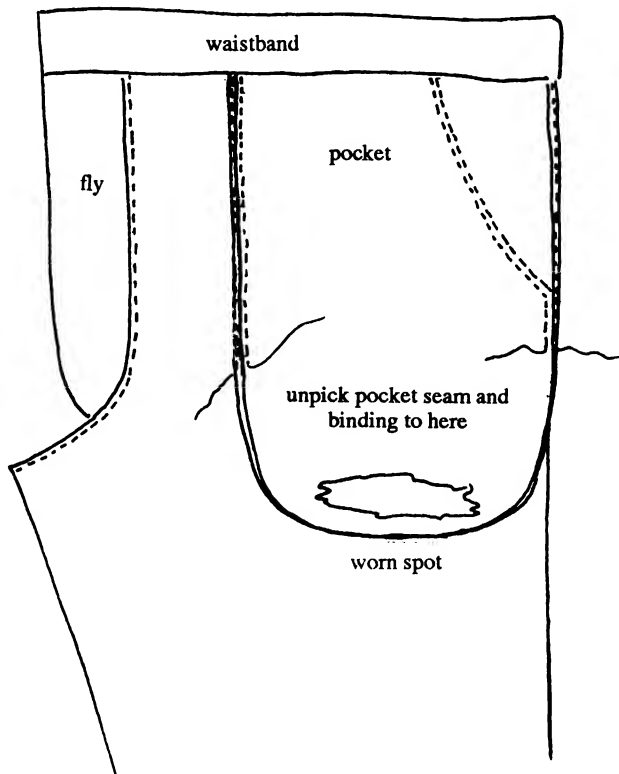


Figure 2

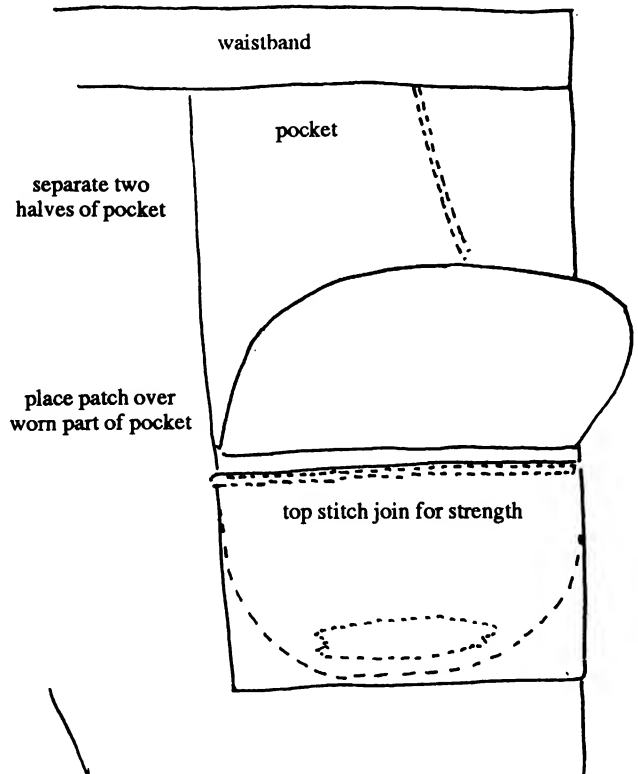
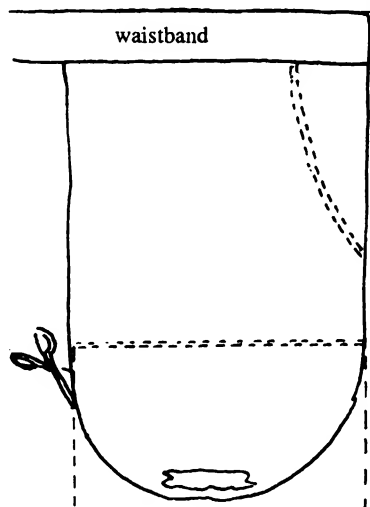
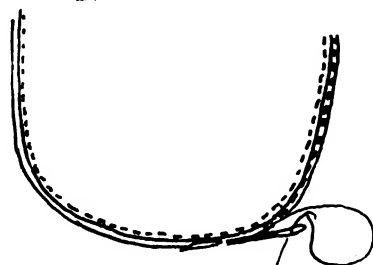


Figure 3



Trim edges of patch to match pocket edge. Then trim away torn edges of hole and stitch to patch.

Figure 4



Restitch seam, replace or restitch binding.

shape. At this point you can cut away the torn edges of the hole and stitch the cut edge to the patch for neatness and extra strength (fig 3).

Resew the seam and replace the binding. If the pocket was initially overlocked instead of bound, you can finish the edges with zigzag, herringbone or blanket stitching (fig 4).

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# MY ORIGINALS

by Joan Womersley, Bundaberg, Qld.

Saturday mornings have always been a social scene in the main street of town. People come to see and be seen. In 1970 Ann was thirteen and the proud owner of her first pair of jeans. It was the 'in thing' in dress that year, and she could hardly wait to meet the girls and show off. She swaggered up the footpath straight into the arms of her grandfather who said in shocked horror, 'Ann! What are you doing in those Chinaman's pants?'

Granddad belonged to an era that saw denim worn by the farmer, the ethnic, the impoverished, but never by the genteel poor, and certainly never on girls of any age or description.

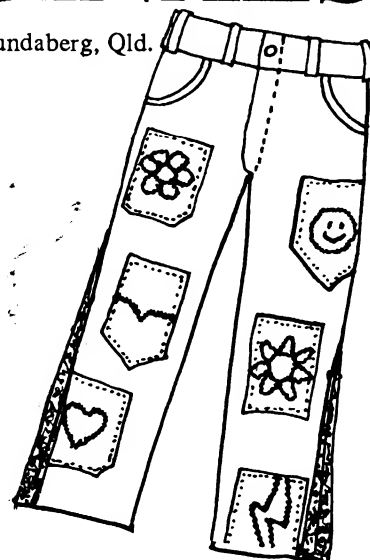
Among the dressmaking fraternity there were ripples of horror too. The material was stiff and hard to sew, and what with studs and top stitching for decoration, it put them in a class outside the home dressmakers' accomplishments. Their sewing machines were inadequate and the cloth wasn't readily available for retail. Still, among the murmurs was the knowledge that fashion was a frivolous vogue and the next season would see them phased out.

Actually, by the next season they were faded and tatty and just getting to be soft and comfortable. No one was about to dispose of them yet awhile. Extending the life of one's 'originals' became a contest of ingenuity: back pockets were stitched closed, zips replaced, pocket linings mended. Ann's brother Paul had his for four years, by which time the patches had been patched and he'd retrieved them from the garbage bin ('You can't throw away my originals.') before they finally met their fate.

Then the marketing experts hit on the next ploy. New stocks arrived on the racks, complete with tickets stating 'guaranteed to fade'. It was unthinkable that one could appear in anything that looked remotely new.

Well, the 70s came and went, and jeans leapt into the 80s. Along the way they changed with the season and the trend, but the fabric was here to stay. The more exclusive salons sold designer jeans which took them to high class fashion for both sexes.

Now the 90s are with us, and Mr



Strauss' legacy continues to dominate the rag trade. Today, pants come complete with lace, needlework daisies, and floral inserts, in deference to the 'feminine' look that's slowly but surely resurfacing.

How the fashion houses and cloth manufacturers have foisted this garment on the fickle public for so long is a mystery. If it's because they're practical – well – it's one of the few times John Citizen has given the thumbs up on that score.

It's not because they're cheap, but they are durable. Of recent years it's been most acceptable to patch them with anything in the rag-bag, cut them off for shorts and fray the hem, burn a hole or two in them for special effect, wear them to bed, the beach and dinner parties (though usually in reverse order).

Those that find their way into the recycling shops do so because their owner has bulged, not indulged in a wardrobe turnover. They are the one article of clothing which people completely wear out.

They are worn by rich and poor alike. Which maybe explains their popularity. They've certainly been a great leveller when it come to class distinction. It's pretty hard to 'big note' to a group of so-called subordinates when you're in a pair of dungarees.

Granddad doesn't look like getting the last laugh. Last week he was spotted in his fishing garb – denim naturally – having a quiet drink at the local. Twenty years ago he'd have been wearing flannels and a tie.



# SALEYARD SAGA

by Judy Taylor, Bangalow, NSW.

The freezer was full of frozen milk, butter and cheese and still the goats were producing more milk than we could use. It seemed natural to buy a young calf to help reduce the backlog and perhaps make us a bit of money on the side. I scoured the ads in the local paper to no avail and decided the calf sale was my only option. Being a newcomer to auctions I felt my first visit should be passive; sit on my hands, keep my mouth shut, look and listen!

There was an assortment of men waiting for the sale to begin, I gravitated towards a group of older men sitting on raised benches beside the main ring. Older men don't seem to mind answering dumb questions and will often go beyond that and give some free advice. It was all rather confusing that first day as the only cow I could recognise was a Jersey and the other breeds were beyond me. Also, if a large group of calves entered the ring the bidding seemed to be the same as for a single entrant. It finally dawned on me that no matter how many calves in a group the price is per head. My fellow spectators were very helpful.

'Best get a beef-cross and sell it at five months.' All very well if you know what a beef-cross looks like. 'Don't go for a Jersey bull, no resale value.'

I had trouble telling a male from a female without lifting the tail and I certainly was not jumping into the ring to find out.

'Poddy prices are up.' I had expected to pay around \$20 and was amazed when the bidding on baby calves went as high as \$80. I was glad I was sitting on my hands.

Next week I returned feeling a little more confident. A small black calf with a white face and black spots around the eyes scampered into the ring. The bidding started at \$22 and I raised my hand tentatively. There was one other bidder who backed off when we reached \$30.

'Sold!', yelled the auctioneer, after what seemed an age, and I was the proud owner of a calf. Of course the all-



male crowd tittered and the calf wobbled on all fours, but I was happy with my purchase. My newly acquired mates offered advice on what to do as soon as I got her home.

'Squirt some Dettol down her throat.'

'Mix egg yolk in with the milk.'

'Get some scour prevention tablets at the Produce.'

I opted for the tablets and added half a Neftiri tablet to the first bottle. Young calves, newly off their mothers are susceptible to the scours (diarrhoea) probably due to stress, change of diet and being penned with other animals. I felt that prevention, if possible, would be easier on me and the calf.

The calf thrived, eventually drinking eight litres of goats' milk a day, munching on grass and calf starter pellets. Flushed with success I returned to the sale to make another purchase. I viewed the animals waiting to be sold and had my mind set on one similar to my previous buy. When she entered the ring the bidding was enthusiastic and well beyond my means. I sat a little longer and a very frightened young animal staggered into the ring.

'Twelve dollars,' shouted the auctioneer. No one made a move.

The auctioneer looked hopefully around the crowd and somehow my hand lifted into the air.

'Sold!', he roared. This time the tittering became a laugh.

Home I went with my second calf.

'Plainest cow I've ever seen,' commented my beloved. 'I think she's beautiful,' I answered with conviction,

though I did wonder why she craned her neck skywards. Not many cows look towards the heavens, most keep their heads down to the grass even if they are less than a week old. She was gentle and quiet but refused to suck and for two weeks I poured milk into her via a drench gun. Finally she decided on living and the bottle and teat became her firm friends. It was about this time we realised she was blind. During the day she stayed contentedly in her small paddock, but at night she stumbled through fences, becoming hopelessly entangled and one night ended up in the creek, bellowing loudly till we rose from our bed again and rescued her. She was then put in a pen with a young buck and seemed to enjoy the company and was happy to stay put. The fact that the paddock was surrounded by pig wire did help. By pulling grass and pushing her head down we taught her that her food was on the ground and she soon decided that it also felt good in the tummy.

By now it was time to sell off my first purchase, she was dutifully tail tagged and loaded into the truck. We got a good price which enabled us to purchase more calves. Since then we have had many calves, some good, some hard to rear. Just when I thought I was knowledgeable on calves, I made another blunder.

I give myself a pep talk before attending sales these days: 'You will *not* buy sickly undersized calves. You will turn your head when they enter the ring. It is just not worth all the extra work. You will be strong!'

This particular day a group of about eight calves came into the ring together. One was very much smaller and was duly separated from the main group.

'Only a baby,' I thought. Somehow despite the lecture the hand shot up. She was so light I lifted her into the truck effortlessly. When we got home she refused milk but headed for the water bucket and lucerne hay. I figured her to be a week old on size.

'Big head,' said my husband. How come men always notice these trivial things? She then passed a motion that was filled with tapeworm segments. As we knew tapeworm eggs are picked up off grass and most week-old calves do not graze, we peered into her mouth. Her teeth were stained green from eating grass. This was no newborn calf. We decided she had been orphaned and battling on her own for at least two months. Her shoulders stuck out like wings and her large head sat atop a scrawny neck. You could count the joints on her backbone. We gave her worming tablets (the ones you give to dogs get rid of tapeworm). It took a couple of days to get her onto milk and another two months

to get her back to good health.

My blunders usually get to live their days out on the farm, although one who failed to grow well early was magnificent at eighteen months and sold for a good price then. Minni's big head now looks a reasonable size against her growing body and she mingles happily with the other blunders.

I don't like to keep a bull beyond five months, at that age they tend to try to be boss and can become rough. One day while feeding out in the paddock a young bull came up behind me and bunted me between the legs. Somehow he managed to keep going with me astride his shoulders. We bolted around the paddock, my feet skimming the grass, my hands still clutching the buckets. I was thinking I would do a rodeo rider proud, and trying to work out how to dismount gracefully, when he turned sharply and set me hard on the ground. I was stiff for the next few days and he went to the sale the next week.

I always talk to my calves as I approach their pens. The sound of a voice seems to calm them and they are not frightened by a sudden appearance.

'Hello babies,' I call. 'Here comes Mum with your lovely milk and cereal. I bet you're all starving.'

The devotion in those liquid brown eyes as they line up along the fenceline is a joy. To watch them grow into healthy calves with shining coats and happy dispositions gives satisfaction.

## PETS BENEFIT HEALTH



Dog and cat ownership saves up to \$1.5 billion annually in Australian national health cost, according to a study by the Baker Medical Research Institute and Melbourne University's Centre for Public Policy. Dog and cat owners visit the doctor less, appear to be in better health than non-pet owners, and use fewer drugs. Earlier research established that pet owners have lower levels of risk for cardiovascular disease.

Reprinted from the *Hippocrates Newsletter*, a publication of the Hippocrates Health Centre of Australia, Elaine Ave, Mudgeeraba 4213.

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# FLOWER POWER

by Mary Horsfall, Longwood East, Vic.

Many of us in pursuit of a more self-sufficient lifestyle spend a lot of time in the garden, most of that time is spent in planting and nurturing food crops – vegetables, fruits and nuts. It's hard work and very time consuming. No wonder the flower garden is often relegated to a very much lower priority.

I often used to feel twinges of guilt at the time, space and water I used in growing flowering plants instead of the more strictly utilitarian food plants. I'd put a lot of thought into justifying it to myself as I dead-headed roses, mulched annuals, or spread precious compost on flowers instead of vegetables. Over time I realised that the division between utilitarian and decorative is not so clear cut and that the flowers I was 'wasting' my time and other resources on had their own importance.

## AESTHETICS

Flowers look good in the garden, they delight the eye and perfume the air. I know it sounds obvious, but we often underestimate the importance of sensory stimuli in our lives and the visual delight of the colour and balance provided by a carefully designed flower garden should not be overlooked. It is a reward in itself to stroll around the garden at the end of a hard day and let the sights, sounds and scents soothe your spirit.

To reduce the work there are many reasonably low-maintenance flowers with which you can achieve stunning results. Try bulbs, perennials, self-seeding annuals and hardy flowering shrubs such as geraniums and grevilleas.

Remember also that your flower garden can provide a great deal of pleasure indoors too when you cut flowers to use for home decoration, either fresh or dried.

## ATTRACTING BIRDS AND BEES

Many flowering plants will attract bees which are necessary to pollinate your fruit trees and vegies, and birds which are invaluable insect controllers. Native shrubs are a vital part of the diverse ecosystem which will keep your garden healthy without the need for pesticides. Bottlebrushes, banksias, eriostomens, grevilleas, thryptomenes, to name a few, as well as having very attractive flowers will provide food and habitat for a range of beneficial birds and insects. Herbs, including red sage, borage and berga-

you are about to eat is not poisonous before trying any new floral culinary experiments, but you'll probably be pleasantly surprised at just how many flowers you can safely eat.

A very interesting little book which gives legends about flowers and recipes for using them is *Cooking With Flowers*, by Greet Buchner, published by Thorsons. It also gives a comprehensive blacklist of flowers not to eat. You will have to search for a second-hand copy or order it through your library as it was published in 1978.



## GIFTS

No matter what your income, if your garden is full of vegetables, fruits and flowers you'll at least be able to feed yourself and you'll have a ready-made source of homegrown and homemade gifts. A bunch of fresh flowers is an acceptable gift for many occasions. If you're more imaginative and dextrous you can make pretty posies or tussie mussies. Many flowers can be dried or pressed to make a multitude of gifts at any time throughout the year. (See Cheryl Beasley's article in GR 83, and Rita Sum-

mers' articles in GRs 98, 99 & 100.)

Children enjoy making items from pressed and dried flowers and gain immense satisfaction from following though the process from picking to pressing to craftwork.

If you enjoy propagating plants you can set some aside in pretty pots to make acceptable gifts. Even seeds, bulbs and corms can be presented as gifts, especially if you have some unusual or attractive plants to propagate from.

## FOOD

Many flowers are edible. I know you probably wouldn't want to live on them, but they do make pretty garnishes and can live up the salad bowl. Have you tried eating chive flowers? They have a stronger oniony taste than the leaves and look most attractive too. Other flowers worth trying are nasturtiums (that old peppery favourite), rose, borage, violet, carnation and pinks, chrysanthemum and marigold, hollyhock, tulip. Do consult a book to make sure what

## MULTIPURPOSE

It's rare that a plant has only one use,



many have a multitude of uses. I have a red sage bush visible from the kitchen window; it flowers for months and is often visited by honeyeaters feeding on the nectar in the flowers. Not only does it look stunning when in full flower during autumn and winter, it provides me with cut flowers for the house and dried leaves for a sore throat gargle. The birds also appreciate it and the whole family enjoys watching their antics.

Many culinary herbs have flowers which are attractive to dry (bergamot), or to eat (chives, nasturtiums, borage), and are bird and insect attracting (sage, rosemary, lavender, borage).

Native shrubs which may have been planted as sight screens or windbreaks will provide food and habitat for birds and insects, and may also have great cut flowers (bottlebrush, banksia, protea, flowering gum).

Roses are one of the most decorative of flowers. Unfortunately, they can also be one of the most labour-intensive to keep looking attractive and healthy and it can take quite a bit of trial and error to find varieties best suited to your area and thus requiring less maintenance. Most of us want to grow varieties that appeal to us rather than choosing varieties for such sensible reasons as low

maintenance. You may decide to try for a balance between the two. Whatever your choice, the flowers will have a multitude of uses, apart from looking great in the garden or in a vase indoors. They are edible and the petals can be eaten raw, crystallised or made into jellies and vinegars. They can also be dried for potpourri or used in pressed and dried gifts.

### SELF-INDULGENCE

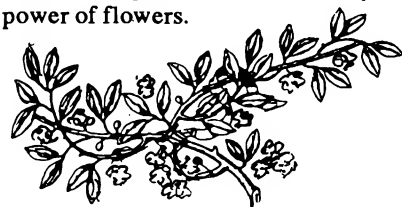
A bit of self-indulgence is good for us all and growing a few flowers purely because you like them is a cheaper, more harmless and rewarding self-indulgence than most. One of my indulgences is irises which I grow for no other reason than that they fascinate me. Unhappily, they usually flower here in November, a very windy month, and the delicate flowers are no match for a southerly gale. Nonetheless, I enjoy what flowers I do get and have even been known to have enough in very good seasons to give some away.

My other indulgence is the three tropical hibiscus which I nurture zealously throughout the year in order to delight in their extravagant blooms for a few weeks. The only way I can grow them in this climate is in pots against a north

facing stone wall. Every winter when they die off to nothing I question whether it's worth the effort, but every autumn when they put on their exotic display for my personal pleasure I know it is.

In the early years of European settlement in Australia there was, understandably, nostalgia for all things English. Great efforts, most of them doomed to failure, were made to grow the familiar plants of 'home' in this strange harsh environment. Such was the strength of the longing for loved plants that the arrival of a potted flowering English primrose caused crowds of people to congregate at the wharf. A lithograph of the time shows the plant on a table, surrounded by people gazing at it with expressions of joy, sadness or longing.

The circumstances and the motivation are very different today, but people still flock to flower shows and garden expos all over Australia, and we can still be moved to tears or smiles or a feeling of quiet achievement, by the power of flowers.



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# EDIBLE FLOWERS

by Trisha Arbib,  
Bundanoon, NSW.

I don't grow flowers only to eat them, but it's satisfying to include them in the garden and to pick not only vegetables but also fragrant and colourful flowers for meals.

Using flowers in cooking is not just some modern glossy magazine idea. They were often used in ancient times. In the classical Roman cookery book of Apicius from the 9th century there are recipes using flower bulbs, mallows and safflower and for rose and violet wine. A 16th century recipe exists for a tart of borage flowers, marigolds or cowslips. In Victorian times violets were used to flavour tea, syrup, jelly and vinegar.

Roses and orange blossom are still an essential in cooking in Morocco and the Middle East. One of the herb mixes of Provence includes lavender flowers. Herbal teas are made from the flowers of chamomile, clover and linden; whilst Chinese teas are chrysanthemum, honeysuckle, osmanthus and jasmine flowers. My partner Howard tells me that the Chinese make a delicious wine from the sweet apricot scented flowers of the osmanthus.

Flowers can add beauty and an element of surprise to the appearance of food. They can also add to the range of flavours available. Some flowers like basil and oregano have strong flavours but look insignificant. Some like pansies look wonderful but have no flavour. Others like clove pinks and roses provide both.

Be sure to match flowers' flavour, as you would with herbs, with the other ingredients in a dish. Flavours may be sweet or savoury. So, for instance, you'd be unlikely to set onion scented chive flowers in ice blocks.

Most important is to be sure of which flowers you can eat, and to impress this on children.

**CAUTION:** *Some flowers are poisonous, and the common name is not always enough for identification. For example, the only edible jasmines are botanically *Jasminum* species. The yellow Carolina jasmine (botanically *Gelsemium*) is poisonous. If not sure, consult one of the many book on edible flowers.*

Flowers are seasonal and depend on climate. Our experience is with cool and temperate climate flowers. I'd be interested in any readers' uses of tropical flowers, or flowers not mentioned here.

## COMMONLY USED FLOWERS

- Flowers of edible herbs such as basil, sage, borage, fennel, thyme, rocket, rosemary; also chives, mints, bergamot, chamomile and pineapple sage. Herb flowers taste similar to the herb.
- Zucchini flowers.
- Pea and broad bean flowers taste like the vegetable.
- Violets, and heartsease (*Viola tricolor*) which has a miniature pansy face.
- Clove pinks (*dianthus*) are old-fashioned miniature carnations with a true sweet clove flavour. Like many flowers, they taste just like they smell.

- Roses are all edible. The most fragrant have the most flavour, and red roses look particularly striking.
- Jasmine (*Jasminum* species).

• Lavender, perhaps surprisingly, is delicious in sweet and savoury dishes when used in small quantities. English lavender has the best flavour and is the only one I use. It only flowers in summer, so hang it in bunches to dry for use all year round. Use more if using fresh flowers.

- Nasturtiums for brilliant colours and a sweet nasturtium leaf taste.
- Calendula or pot marigold. It's only the centre of the flower that smells unpleasant. Use the petals.
- The tiny red and purple fuchsia, *Fuchsia magellanica*, has no flavour but is very decorative.
- With the exception of lavender, use flowers fresh, not dried, picked at their best. Never use flowers that have been sprayed. Use flowers whole, or pulled apart into petals.

## SOME RECIPE IDEAS

### Flowers as a Garnish

Use either one variety or a mixture of flowers that both look decorative and complement the food – mixed flowers with a green salad, red rose petals on a chocolate cake, borage flowers to decorate a cucumber and yoghurt salad, calendula petals on mashed potatoes.

### With Butter

Make flower butter like garlic butter, mashing up the butter so that it's soft, then combining it with strongly fla-

voured flowers like herb flowers or roses. Leave a few hours for flavours to meld, then use on bread, crumpets (rose butter) or with vegetables.

### With Vinegar

Few flowers except for herb flowers are strong enough to flavour vinegars. My favourite is nasturtium vinegar. Pour cold white wine vinegar over a handful of nasturtium flowers in a jar. Leave on a sunny windowsill for a week or more. Orange nasturtiums will turn the vinegar a brilliant glowing orange, with a peppery nasturtium fragrance and flavour to enhance a salad dressing.

### In Ice Blocks

The trick to setting flowers in ice blocks is to half-fill the block with water and the flower, and freeze solid. Top up with cold water. If you use red pineapple sage flowers, blue borage, or yellow calendula petals the colours will shine through the ice.

### Set in a Jelly

Set attractive flowers like heartsease in the bottom layer of jelly and they will end up at the top when the jelly is unmoulded.

### In Desserts

Garnish desserts with flowers or incorporate their flavour by gently heating flowers such as roses, lavender, or jasmine in a syrup. Use with trifle, fruit, pancakes, or to make a sorbet. Use in cream or milk to make a custard or ice cream.

## RECIPES

### Spiced Oranges in Wine and Roses

6-8 medium to large oranges

1 cup sugar

1 cup water

1/2 cup white wine

1/2 cup red wine

1 small stick cinnamon

2 cloves or star anise

juice from 1/2 lemon

1 fragrant red rose

Remove peel and pith from oranges.

Cut into thin slices, removing seeds. In saucepan combine everything except oranges and roses and boil gently for five minutes. Strain liquid and pour warm over raw orange slices. Cool. Before serving sprinkle with chopped rose petals or other sweet edible flowers.



### Stuffed Nasturtium Flowers

I used to think this an impractical silly recipe. But I had a surplus of nasturtiums recently and tried it. It's easy and delicious. Looks good too.

15-20 nasturtium flowers

equal number nasturtium leaves

#### Filling

75g ricotta cheese

1 tsp chopped chives

2 tsp chopped parsley

1 tbsp grated parmesan

1 small egg yolk, lightly beaten

salt and pepper to taste

a good pinch of nutmeg

Remove stalks from flowers and leaves. Don't wash, but remove any insects. Mix filling. Gently fill flowers. Place each flower on a nasturtium leaf. Pick up and eat flower and leaf together.

### Potatoes With Rosemary Flowers

1 kg peeled potatoes

1/2 cup good olive oil

2 cloves garlic, crushed

2 tbsp fresh rosemary leaves and flowers, finely chopped

salt and freshly ground black pepper

extra rosemary flowers to garnish

Parboil potatoes seven to eight minutes then cut into medium thin slices. Mix crushed garlic with olive oil and grease a shallow baking dish with some of it. Put in a thin layer of potatoes and brush with olive oil.

Sprinkle with rosemary leaves and flowers and pepper and salt to taste. Continue layers until all ingredients have been used. Cook in preheated 200°C oven for one hour, or until the top is browned. Garnish with rosemary flowers. Serves 6.

### Rose Petal Macaroons

125 g ground almonds

125 g caster sugar

1 egg white

1 fragrant red rose

1/2 tsp concentrated rose water\*

edible rice paper (optional)

Combine ground almonds and sugar. Stir in egg white lightly beaten with a fork, chopped rose petals and rose water concentrate. Shape into 2.5 cm balls and place well spaced on a baking sheet covered with edible rice paper or non-stick baking paper. Press down with a pastry brush dipped in cold water to glaze. Bake in preheated 180°C oven for 20 minutes until golden. Cool on rack. Trim rice paper. Makes about 20 macaroons.

\*Order concentrated rose water which is 40 times the strength of normal rose

water, from a chemist. Macaroons will not work with more liquid.

### Lavender Chicken

Lavender can be included in dishes where rosemary is more commonly used. Added in small quantities with other herbs it's wonderfully aromatic. Only use English lavender that you have grown. Pot pourri supplies may have been sprayed.

size 14 roasting chicken

4 cloves garlic, crushed

juice of 1 small lemon

1 tsp salt

2 tsp fresh oregano, chopped

2 tsp fresh rosemary, chopped

1 tsp dried English lavender flowers, pulled off the stem

1 tsp good olive oil

freshly ground black pepper to taste

Combine all seasonings, lemon juice and oil. Rub 1 tbsp of mixture inside the chicken and the rest over its skin and under the skin on the breast.

Put chicken and 1/2 cup of water into a baking tin. Roast in preheated 200°C oven for 1 1/4 to 1 1/2 hours until chicken is tender and golden brown, basting occasionally. Serve with pan juices in a jug.

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# I WISH SOMEONE HAD TOLD ME ABOUT:

## Life With A Monster

by Judy Witney, Healesville, Vic.

Just on ten years ago our family moved from the city to a small country property which we had owned and regularly visited for several years. Increasingly, city living became more and more claustrophobic in comparison to a lifestyle on our country acreage so we decided we'd take the plunge, sell up and relocate.

Money was not unlimited so the house had to be carefully and economically planned along with the services, all of which had to be installed. Water was no problem as we were able to connect with Melbourne Water for a reasonable fee. The telephone was equally trouble free. We had no reason to suspect that electricity would be our Achilles heel, and one of monstrous proportions at that.

We were, in fact, lulled into a false sense of security because all the processes to date had been reasonably uncomplicated. Couple this with our location on a relatively major sealed road and only a few kilometres from Healesville, a large town an hour from Melbourne, and it is not really surprising that we expected power to be connected without fuss. All our neighbours too were serviced by the SEC.

It came then as a rude shock when, pretty much at the last moment, we discovered the power would cost us at least \$12,000. We had, in our ignorance, budgeted on around \$2000 and this new figure was totally out of reach. To make matters worse, time was running out; the house was almost complete and Christmas was approaching, a time when all industries would shut down for the best part of a month. So something had to happen, fast, or we would have an 'all-electric house' with no electricity! Not a happy proposition with two teenage children used to city comforts.

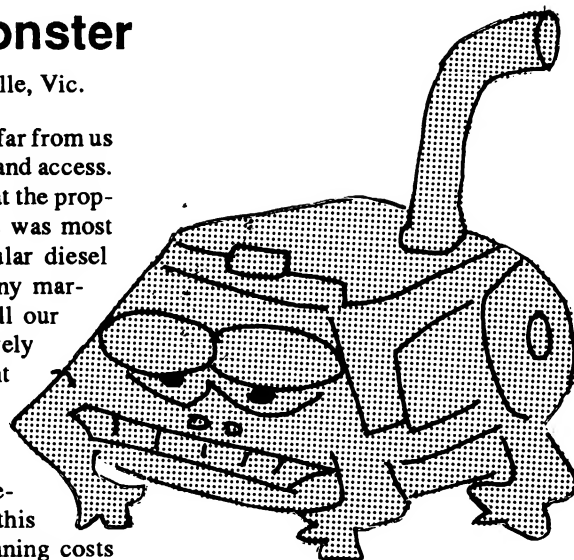
I began by consulting the Yellow Pages and local papers in an effort to find a suitable source of alternative power. Now, with hindsight, I would plan very differently, but wouldn't the world be a different place if we could act with the benefit of experience? I finally sought the assistance of a company (which is no longer trading and which had better remain nameless) situated on the out-

skirts of Melbourne, not too far from us and chosen for convenience and access. The consultant who looked at the property and assessed our needs was most enthusiastic about a particular diesel generator which his company marketed. It seemed to fulfil all our requirements: it was relatively inexpensive and had sufficient power (7.5 KVA) to provide adequately for all our appliances, or so we thought! As well, it was fuelled by diesel rather than petrol and this would presumably keep running costs to a minimum.

We hurriedly arranged its purchase, delivery and installation, which could just be accomplished before Christmas, actually December 23rd, at a cost of \$7390. I managed also to have one of those assemble-yourself garden sheds erected to house it. All was ready to go. We all sat back, sighing with relief that everything had come together just in time and . . . then our trouble started.

It began with so-called 'teething troubles' and a couple of emergency visits from employees of the company which had made the sale, at highly inconvenient times for all concerned. Early in the piece the generator acquired the habit, which it would perfect during the next 12 months, of 'sensing' when it would be of optimum inconvenience to deny the house of power and would promptly shut itself down. If it wasn't the starter motor it was the fuel line, or the automatic starter switch, or a faulty fan belt, or . . . I could go on indefinitely! Each time the company had a plausible excuse for this intolerable performance and seemed to rectify the problem for the moment, but their patience was wearing thin. Finally, half a dozen or so emergency visits and two burnt-out starter motors later they curtly advised me to get a local mechanic and washed their hands of the affair. The fact that I had a warranty which included such servicing was ignored by them and they simply refused to co-operate any longer.

I was fortunate at this point to secure the service of a diesel mechanic who was prepared to visit at all hours, but the costs were beginning to add up. Servic-



ing alone was very expensive and it had to be undertaken regularly. The design of the motor required the whole unit to be virtually dismantled for even a simple and frequent procedure like the changing of a fan belt. Add to this the fact that the electrical unit, coupled with the diesel motor, started malfunctioning also and we had real trouble. The manufacturer of the electrical unit, a very reputable company situated in another state (so much for the local firm for convenience bit) did what it could to help, even flying over a new electrical unit and organising a technician to affect the changeover, but all to little avail.

And the price of fuel too. I don't know what petrol would have cost but the supposedly more economical diesel was \$150 a month and we only used the generator for a few hours each day. What had begun as a cost saving manoeuvre was becoming anything but.

Even without these difficulties there were others lining up in the wings. The shed we had erected proved inadequate for the task. Our property is situated on an exposed hillside, subject to strong wind gusts, and one June day, I arrived home in the evening to find one collapsed shed covering an unfunctioning generator. To add to our headache, there was fuel everywhere as we had just received our monthly delivery. The generator proved to be fundamentally unharmed – it wasn't through with us yet – and some considerable dollars later it was housed in a newly constructed, solid brick, thoroughly soundproofed shed.

There was method in our madness



here. Along with the running problems we also had neighbour complaints. Our generator was too noisy for them! Fortunately they only came up at weekends, and enjoyed their silent electricity right on our boundary just to rub things in, but they were not prepared to put up with even the soundproofed noise coming from our shed some 60 metres away. For some reason, generators, even those needed for living, are grouped with lawn mowers, chainsaws and the like when it comes to noise pollution regulations so we had no choice but to turn the thing off at 8pm each night. This, of course, was usually just when we wanted to turn it on, especially in summer.

As the months went by, we somehow learnt to live with all the inconvenience and managed even to learn a little about alternative power and how we should have approached things in the first place. We met some obliging and knowledgeable people who helped us make things more tolerable. With their advice and guidance we installed a battery bank and an inverter which enabled us to store small amounts of power and convert it to the correct voltage for our less greedy appliances. Now, when the generator had to be switched off, at least we could have lighting and a little TV. We always knew when such stored power was about to run out – first the TV would change to black and white then lose its picture altogether and the lights would dim like a torch low on batteries. There was nothing for it but to go to bed. My daughter completed more than one VCE project by candlelight! At least we had a wood fire and had managed, at the last moment, when we realised alternative power would be our lot, to switch from an electric hot water service to one fuelled by LP gas. So we could still have hot showers whatever the generator had planned for us.

We learned over the year we endured these conditions to hold our breath when we switched the generator on. If it burst into life we had power for the time being, if there was an ominous silence we didn't. We had a remote switch in the house, some 50 metres from the generator itself, which activated the motor so we usually had to hold our breath for a few seconds before we knew the result.

The following Christmas we arranged to have the whole family to Christmas dinner. The day promised to be hot and with its immaculate timing, which we'd

learned to fear, the generator refused to start. Frantic phone calls to relatives had everyone bringing ice with them, as the fridge was groaning with food and has ceased to function along with the generator. No serviceman could be reached for some days and when one did come yet another burnt-out electrical motor was diagnosed.

Once again, the trusty interstate company, which valued its name, came to the party. By now, neither it, nor we, were on speaking terms with the local business from which I had purchased the unit and against which I had begun Small Claims Tribunal proceedings.

During the last few weeks of the generator's existence, the remote starter switch failed completely along with the electric starter switch in the generator shed. The only way we could get the unit working was to hand-crank it which was no mean task. In addition, one's timing had to be precise, let go too early and the motor died and would be most reluctant to start a second time as you cranked to exhaustion. But, hold on that second too long and the motor would kick back sending the crank handle in the opposite direction at great thrust and speed. Both my children sported nasty bruises as a result of this process.

After three weeks of this and just three days before the Tribunal hearing, the interstate company rang to say it would buy back the whole unit – at a reduced price – if I stopped proceedings, as it was reluctant to have its name connected to the debacle. This was understandable as at no time had it been at fault. It seems, to state things simply, the local company coupled the relatively cheap, imported diesel generator to the more sophisticated electrical unit, without consultation, and a lot of the troubles were the result of an unsuitably matched pair of motors.

Thankfully, all this is now behind us as we were able to negotiate a better price for connection to the (then) SEC. Just in time too as we were really becoming quite desperate, not to mention poor as well. We did end up something like \$14,000 down the drain when all costs were considered, and would have been better paying that \$12,000 connection fee in the first place, but, you live and learn!

We said we'd never take power for granted again but, with the passing of time, I'm afraid we have: such is human nature!

I appreciate the fact that alternative power can be most successful and efficient and should I ever be in need of it again I would plan properly in advance and engage experts to advise me and to set up a system. I did learn a fair bit as I went along, but the catch 22 was that lack of money prevented me from started afresh as I should have done in the first place, with solar panels, battery banks etc. If I ever had to purchase another generator I wouldn't put my trust in a salesman with vested interests either. I'd probably get a reliable, proven, second-hand unit which was recommended by a reputable person. Ironically, I bought new in the first place as I considered, in my naivety, that a new unit would be more reliable!



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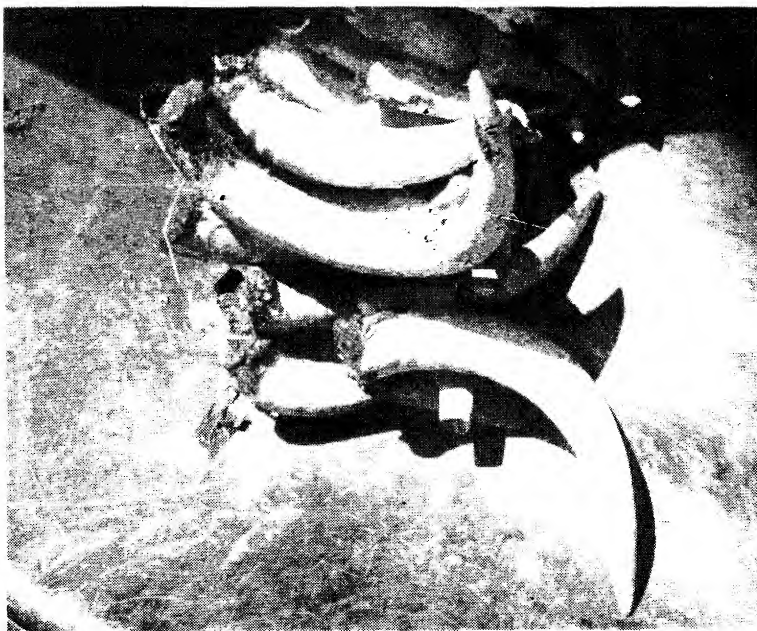
# BIODYNAMICS

by Steve Carroll, Peelwood, NSW.

Biodynamics is a word that many have heard of. 'Something to do with moon planting?', I hear one person ask. 'Something to do with cow poo?', I hear another. 'Something to do with Rudolph Steiner!', says a third. All these answers are correct in their own way. Yes, to being aware of the influence of the moon and other planets upon the life on earth. Yes, to using cow manure and treating it with a special process to make it more valuable to the soil. And yes to Rudolph Steiner, the originator of biodynamic agriculture. But these three things do not make the whole picture of what BD (biodynamics) is, and it is these three things that most people associate with this method.

So what is biodynamics? BD is an approach to sustainable agriculture based on advanced knowledge of the working of the soil, plants and animals as they exist on the farm, small holding or garden and as a part of the total environment. Well balanced plant growth is produced from a sustainable fertility through enhancing the soil structure and the availability of nutrients. BD practices involve using preparations made from natural substances such as herbs, cow manure and quartz crystals, all prepared within the laws of nature, to bring vitality to the environment, especially to our ailing soils. Biodynamic agriculture aims to produce food of the highest quality, free from artificial additives, but rich in the living energy of the earth. All the methods used nurture both people and the earth, making a healthy world for the growth of body, spirit and soul. BD is able to be practised from the largest farm to the smallest window box.

A grand bit of theory, but how does the ordinary person get this done? Well, you could contact the Biodynamic Farmers & Gardeners Association (address below), you could read one of the many books on the subject, you could join a local BD group (one of the associations will tell you where they are), but all of them will start with the same thing: observation. You need to look at the place where you are to grow things. How does this place fit in with the 'big picture'? If you have some land you should look at how your property inter-



Cow horns which are filled with manure and buried to produce the preparation BD 500 which will be used as spray in early spring.

acts with the adjoining land. Don't begin by looking at the soil and the soil structure; that comes later. Simple things like hills, valleys, water, the geography of the block. Home gardeners need to do the same thing with their gardens, look to see what is going on outside the area and what is going on in the cosmos.

The most obvious signs of what is happening above us are the seasons and the weather. Let's look at the seasons. When, in 1924, Rudolph Steiner gave the lectures that became known as the 'Agricultural Course', he had already spoken about the uniqueness of each of the seasons and their special job necessary for the fertility of the soil. We tend to think of winter as a time of dormancy, but Steiner indicated that it is, in fact, a time of great activity for the soil. Decay and, what Steiner described as, a 'breathing in' of energy from this decaying and humification of old plant material left from the harvest of autumn, energises the soil, then the winter allows for a renewal of earth resources.

When the spring begins the earth starts the process of 'breathing out' – new growth begins to draw upon this new fertility in the soil and it is at this time the biodynamic farmer/gardener begins a soil dynamising process and sprays with one of the BD preparations

called 500 (sometimes called horn manure) and compost spreading.

BD 500 is the basic preparation of all biodynamic work. It can be used as a spray onto land or as a soak for certain seeds to assist with germination. It is made from cow manure that has been stored in cow horns and buried over winter (to get some of that 'breathing in' energy). In spring it is dug up and a small amount stirred in water and applied to the soil. This process, quite deceptively simple, begins the process for the growing year, of enlivening the soil. There are a few other important aspects you need to consider, such as that late afternoon/evening is the time to do it, when you think there may be a dew the next morning. It is very cheap to use BD 500 as a first step to improving soil fertility – an association can give you details of stock availability. I have used this and other biodynamic processes over the years and have seen an improvement in the quality of my treated soil, the more vigorous growth of plants and their better keeping power. The use of BD practice has brought me to a closer understanding of plant, earth, animal, human and universal interactions, by this process of observation and witness.

Compost is also spread to the growing areas. This compost has been made



by adding BD compost preparations in the previous seasons (although BD compost can be started and made at any season) and this has also added some of the plant energy spoken about with the BD 500. BD compost is made differently from the usual process of composting and needs a separate article.

It is easy to begin with BD work, you don't need a whole lot of theory and there are people out there all too willing to help. Give us a call and start today, it is a rewarding process you will enjoy.

#### Contacts

Steve Carroll is a committee member of The Biodynamic Farmers & Gardeners Association Of Australia Inc, a biodynamic farm adviser and a primary producer.

Biodynamic Farmers & Gardeners Association  
PO Box 54, Bellingen 2454. Ph: 066-550-404.  
John Bradshaw

Biodynamic Gardeners Association  
PO Box 479, Leongatha 3953. Ph: 056-649-219. This group holds beginners' field days several times a year.

Biodynamic Agricultural Association of Australia  
Main Rd, Powelltown 3797.

Left Above: Burying cow horns full of manure. They will be left over winter.

Left Below: Enthusiastic biodynamic students stirring a BD mixture.

Photos kindly loaned by the Melbourne Rudolph Steiner School.

#### DEMETER TRADE MARK

When a certain level of biodynamic farming is reached, farmers may apply to the Biodynamic Research Institute to become registered under the Demeter trade mark. (There are three grades of certification.)

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# BIODYNAMICS & ORGANICS

## WHAT ARE THE DIFFERENCES?

by Linda Marold, Guildford, Vic.

I think that there is not a great deal of difference between biodynamics and organics. It tends to be a matter of degree rather than of kind, with biodynamics being rather a specific discipline within the larger framework of ideas that is thought of as organic gardening than something on its own.

The basic ideas of biodynamics were first postulated by Dr Rudolf Steiner (1864-1925), a German philosopher/scientist who is also known, perhaps more widely, as the founder of 'Anthroposophy', the 'Wisdom of mankind', a view of life whereby the 'spiritual being within humans, and the world is approached in a scientifically sound manner'.<sup>1</sup> This philosophy is most well known as it is applied in Steiner Schools, which are becoming extremely popular as a wholistic method of education for children.

This wholistic approach is very visible in the principles of biodynamics, where everything in the garden or farm is taken into consideration: the soil, the atmosphere, the community of insects,

worms, small animals, birds and also the light, warmth and other influences radiating down from the cosmic environment. It also includes the influences of the plants themselves, one upon the other, which is indeed one of the fundamental concepts on which biodynamics is based – that of companion planting.

In ordinary organic gardening one does not usually consider which plants to put next to each other, except perhaps those which prefer similar conditions of soil and water. Likewise, one builds a compost heap, using whatever material is on hand, and when the compost is ready spreads it wherever it seems to be needed.

If one avoids poisonous sprays, uses compost instead of artificial fertilisers, uses mulching and avoids heavy cultivation, then one could consider oneself an organic gardener.

In biodynamics all of the above practices are embraced, and then enormously enlarged upon, with the addition of the principles of companion planting

and the use of the various biodynamic preparations, such as '500', which are used to stimulate the action of the compost heaps and as fertilisers and conditioners for the soil. To be a biodynamic gardener or farmer you have to develop an intense feeling and understanding for the soil as a living organism, and for the important and delicate balances of pH levels and nutrients that are suitable for different plants, and how the plants themselves affect these balances. The compost heaps of biodynamic gardeners are works of both art and science, finely tuned, with ingredients that match the specific needs of different plants.

Some of the more esoteric practices of biodynamics are the use of the preparations such as '500', which is cow manure rotted down and fermented inside a cow's horn that has been buried for six months at a certain time of year. Other preparations are made from even more arcane substances, such as 502, which is made from yarrow blossoms, (*Achillea millefolium*) fermented togeth-



A carefully constructed BD compost heap made during a biodynamic field day in Melbourne.



er with deer bladders over a period of six months, buried in the earth in winter! This preparation has a stimulating effect on the uptake of sulphur and potassium by plants.

Simple organic gardening can be a bit of a hit or miss affair, whereas biodynamics is a steady, somewhat complex and scientific approach, and it surprised me to discover how many of the practices of simple organic gardening actually originated with Dr Steiner's ideas, particularly the building of carefully regulated compost heaps.

There is no doubt that biodynamics is a workable system with which to manage a garden or farm. Anyone who relies on their garden or farm for a living (or part-living) should consider utilising at least some of Dr Steiner's ideas.

1: *The Pfeiffer Garden Book*, Ehrenfried Pfeiffer, pub 1967 by the Biodynamic Farming & Gardening Assoc, Inc, USA.

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# THE STRAW THAT BROKE THE ELEPHANT'S BACK

by Andrew Cavanagh, Babinda, Qld.

My wife was determined to have a permaculture garden. Being the loving, caring husband that I am, I quickly gave in to her wishes and we moved to a lovely home on two acres in Babinda.

After a few weeks of breathing the fresh, cool country air I finally decided to 'help' my wife with her gardening. (Have you ever seen *Jaws* – you know where that music comes on and you know someone's about to be devoured or at best, horribly mauled?)

Our first attempt was corn. 'You haven't lived until you've tasted homegrown corn,' she said. 'The circus is in town,' she said. 'Elephant poo should grow mammoth corn,' she said.

At this point I wondered what my old business associates would have thought if they could have seen me walking up to a circus tent and asking politely, 'Excuse me but could you tell me who's in charge of the elephant droppings?'. I have a fair idea what the local football team thought when they saw us load the stuff into the boot of our car. Then come back 15 minutes later for another load. They took an immediate liking to us. Well at least they were smiling a lot. I don't think their coach liked us though. It's hard for a football player to do sit-ups when he's rolling on the ground laughing.

I must admit that the corn did taste good. It's just that we thought there'd be a bit more of it. I've heard of bonsai trees but I didn't think that there'd be a bonsai corn. Minuscule. Eensy teensy. Apparently there's a guy in Melbourne making a fortune out of selling miniature vegetables. It took him years of growing to get them that small. He's obviously living in the wrong place. We managed it with corn first go without even trying. We had the same success with pumpkin. Out of several plants we ended up with just one tiny pumpkin all of nine and a half centimetres long.

Then we moved on to bananas. We were out at the local dump one day and saw some beautiful banana plants. They had suckers. They were growing like weeds! So we grabbed a couple of suckers, took them home and planted them.

Soon the suckers were growing splendidly and shooting off more suckers. There was no end to them. They got to about half a metre high. Then they flowered. Now I'm no horticultural expert, but I grew up in Cairns and I had never seen a banana shoot little red flowers out its top. They turned out to be cannalilies, Indian shot. But at least we'd found something we could grow successfully apart from Singapore daisy and sensitive weed. Now if only we could eat it.

Despite our groundbreaking work on bonsai corn and pumpkin it was easy to be discouraged. Every book on gardening seems to be written in Melbourne and an expert on tropical growing is usually someone from Brisbane or a similar area a mere 1700 kilometres from where we live. Then we met someone who *knew* about growing in the tropics.

We went there to buy some guinea pigs. 'Oh you grow sweet potatoes,' I said. She led us over to a patch covered with green leaves shooting everywhere. 'Yeh. This is one of our successes. We buried three sweet potatoes and look at it now.' She stuck a hand spade into the ground at random. The sweet potatoes were literally everywhere, less than two centimetres below the surface of grey, dry, dead looking soil.

'Wow,' I said. 'And it's not even very good soil.' 'It's crap!' she said throwing away a large piece of the 'soil' that looked suspiciously like a rock. 'Do you ever water it or anything?' 'Nup. Never.'

Finally I think I'm beginning to understand how this tropical gardening thing works. I also just read this terrific book called *The One-straw Revolution*, by Masanobu Fukuoka. The guy's been growing magnificent crops of rice, barley and citrus for over 30 years with a technique called 'do nothing' farming. Sounds a lot better than battling with the elephants for their poo.

So I've planted sweet potatoes and I'm conscientiously doing absolutely nothing while it feuds with the sensitive weed and the Singapore daisy. Just 29 years more of doing nothing and I should be an expert.

# ASPARAGUS, A CHALLENGING VEGETABLE

by Elizabeth Key, Ballina, NSW.

Asparagus is a vegetable loved by many people, but is one that is usually purchased in tins. While this is a convenient way of obtaining this culinary delight, the taste is incomparable to the fresh, crisp spears of homegrown asparagus. Fresh spears are not always available at the market, so with a lot of perseverance and a little bit of luck, try growing your own! Your gourmet diners will be the envy of all your friends, especially when you tell them you grew the ingredients yourself!

Asparagus is a hardy, frost-resistant perennial. If you can strike a good crop, it will last you for up to fifteen years so it is well worth a bit of trouble to begin with. It flowers every year and once the plant has been established for two years, you can start to harvest. If you can stand the wait, it would be worth your while to wait three years before harvesting so the crowns become really well established.

It is best to transplant two year old asparagus crowns, but if you can't obtain these from your local nursery, have a go at striking some seeds. The seeds should be sown after being soaked overnight to soften. It will take about three weeks for them to germinate.

When sowing directly into the garden, sow the seeds in rows 20-25 cm apart at a depth of 2 cm. When the seedlings appear, thin them out so they are about 8 cm apart, taking care not to damage the delicate plants.

A better way of sowing the seed is into individual seedling pots that can be planted directly into the garden when the plants are big enough. This stops any damage to the plants that may otherwise occur during transplanting.

Asparagus produces both male and female plants. The female plants can be identified by their low branching growth and berry production. Their spears are inferior to the males', so when thinning out, leave the male plants and get rid of the female plants.

Unfortunately, preparing the soil for planting crowns takes quite a bit of patience. However, when you consider that the plants will be feeding you for a long time without you having to replant

them, it is well worth putting in the time to do the job properly. Although crowns can be planted during winter, for best results and quick development of shoots plant when the soil is just beginning to warm up in early spring. In the cooler areas plant from September to November, in mild areas from August to October and from February through to November in the tropical areas.

Choose your site carefully. A sunny location with well drained soil is best. If drainage is a problem, add a lot more organic matter to the soil first. Soil preparation is most important to avoid disappointment.

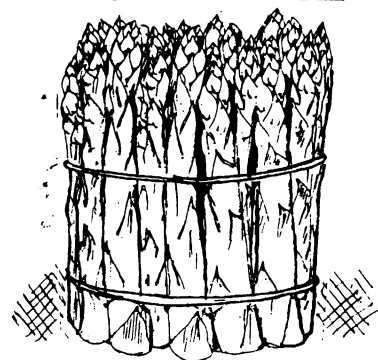
Dig trenches about 35-40 cm deep, and 60-70 cm apart, adding lots of Dynamic Lifter and compost. One application of lime will be a good help to start with. Leave the trenches for a few weeks to settle, then add some more Dynamic Lifter to the soil. Make a hill in the centre of the trench to take the asparagus root crown.

Once the crowns are planted, gradually cover the crown with more soil as the growth progresses. Once the crown is ground level, apply a good lashing of organic matter for a last mulch. If you prefer your asparagus spears white, keep hilling up the mulch around the spears as they grow. For a greener spear, leave uncovered.

Use a sharp, long-bladed knife for harvesting which is usually in spring, depending on where you live. Cut carefully at the base of the spear, while supporting it with your other hand. This will stop you from damaging the crowns.

During harvest season, water every fortnight with a soluble plant food, or regularly add compost to the mounds. Always leave a few spears on each crown to develop their fern-like foliage. When this yellows in autumn cut it to the ground. Rake away the hills in winter and cover crowns with fresh manure and/or compost. Use seaweed as mulch if you have access to it.

A bit of hard work will produce dividends when growing this challenging vegetable.



## ASPARAGUS RECIPES

### Asparagus Tart

puff pastry  
1 tbsp butter  
1 tbsp plain flour  
2 tbsp milk  
1½ cups cream  
salt and pepper  
nutmeg  
500 g fresh asparagus  
½ cup grated cheese

Line 20 cm flan dish with puff pastry and cook for 15 minutes in oven at 200°C. Leave to cool.

**Sauce:** Mix milk, flour, salt, pepper, butter and a pinch of nutmeg in a saucepan over medium heat. When the sauce starts to thicken, turn heat down and add cream. Cook asparagus until tender. Arrange spears over pastry shell, cover with sauce and sprinkle on the cheese. Return to oven and cook for 15 minutes until golden.

### Asparagus Parmesan

(Use as a side dish to a meal.)

asparagus  
50 g Parmesan cheese  
50 g butter

Cook asparagus in boiling water for 15 - 20 minutes or until boiling. Drain then place on a serving dish. Cool slightly. Sprinkle Parmesan cheese over the tips. Melt butter in a saucepan. When golden, pour over the Parmesan cheese and serve immediately.

## WATER IN THE FUEL TANK

If you have water in your car fuel tank, it collects under the petrol (being heavier) never dries out, and causes rust. Add a cup or two of methylated spirits to the fuel. It will pick up the water and run it safely through the engine.

# MAKE AND GROW A GRASSHEAD!

(a real Grass Roots person)

by Pamela and Herman Odijk, Mount Morgan, Qld.

Everyone loves a Grasshead! It is a fun thing to make for a craft stall or something to make for the kids – or have the kids make it themselves.

## INSTRUCTIONS

### Materials Needed

- old nylon knee high stocking(s)
- wool
- 15 mm stick-on craft eyes and craft glue
- potting mix or a mixture of soil and potting mix
- lawn or grass seed – or even wheat

### Method

Place an old nylon knee-high stocking inside a mould (such as an old tennis ball cut through near the top and slit), and stretch the top of the stocking over the outside of the mould. Don't cut off any excess!

Place a layer of lawn or grass seed for the 'hair' in the bottom of the stocking lined mould, and then fill with soil or potting mix.

When the head is sufficiently full, tie a piece of wool or string around the end at the 'neck'.

Now take the grasshead out of its mould, pinch out a portion to form a nose



and tie another piece of wool around this.

Now all that is required is to stick on two 15 mm eyes with craft glue and allow them to dry thoroughly.

### To Grow

Submerge the grasshead in a container of water until the head is completely saturated, then stand it in a vase or jar filled with water so the head is balanced evenly on the rim and the tail of the knee-high stocking is in the water. In a few days the grasshead will start growing green hair!

Keep the water in the vase topped up, and water the grasshead occasionally from above so that ample water reaches the grass. Every so often you might need to give it a haircut!

### For a Grasshead Deluxe

Pinch out two portions on each side of the head and tie off some ears. Fashion a pair of spectacles with wire and place these around the ears. And if you're really keen, make Grasshead a hat or a sunshade for over the eyes, but one which will allow the hair to grow through it. And perhaps a bow-tie.

Grassheads could even be more useful – you could sow the 'hair' as cress or some other edible herb.

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# THRESHING GRAIN THE ANCIENT WAY

by John de Lange, Cooktown, Qld.



After reading in past issues a number of requests for information on threshing grain I thought I would share with readers my experience as an eleven year old lad on my grandparents' farm.

The year was 1949 in the south-west corner of postwar Holland, the wheat harvest was during school holidays and I was a permanent visitor for the duration. There was no mechanisation on the farm, it was either horse power or person power. Grandfather and some helpers cut the wheat with sickles close to the ground and laid it in neat rows. My job was to come behind them and bundle the wheat stalks, binding them with twisted stalks. These bundles or sheaves were stacked with heads up, approximately ten sheaves to a stack.

The fun part for me came after the field was all cut and the crop had to come home to the barn. Two large Clydesdales were harnessed to the wagon and we drove to the field for loading. The first job on arrival at the field was to stand up a special ladder attached to the bed of the wagon immediately behind the driver's seat. I then drove the wagon from stack to stack whilst two helpers threw the sheaves on board with pitch-

forks and grandfather stacked them in a special way with the heads pointing to the middle.

The last few rows of sheaves were overlapped in the middle and when the load reached the top of the ladder a long pole was laid down the centre and wedged under the top rung. The back end of the pole was pulled down hard to both corners with blocks and tackle thus securing the load. The trip home to the barn with four of us on top of the load was the best part.

When the whole crop was home in the barn it was time for the threshing. This was done on a spotlessly clean wooden floor about eight metres long by three metres wide, a barn wall at one end, approximately one metre high sides, and a half-metre wall at the other end.

First the sheaves were opened and spread on the floor to a depth of approximately 200 millimetres with the grain ends towards the middle. The thrashing then started with the steady thump thump of flails which had not changed much in design since Cleopatra ruled Egypt and which were used all over the continent before mechanisation. Although an adult size flail was too heavy for me to handle,

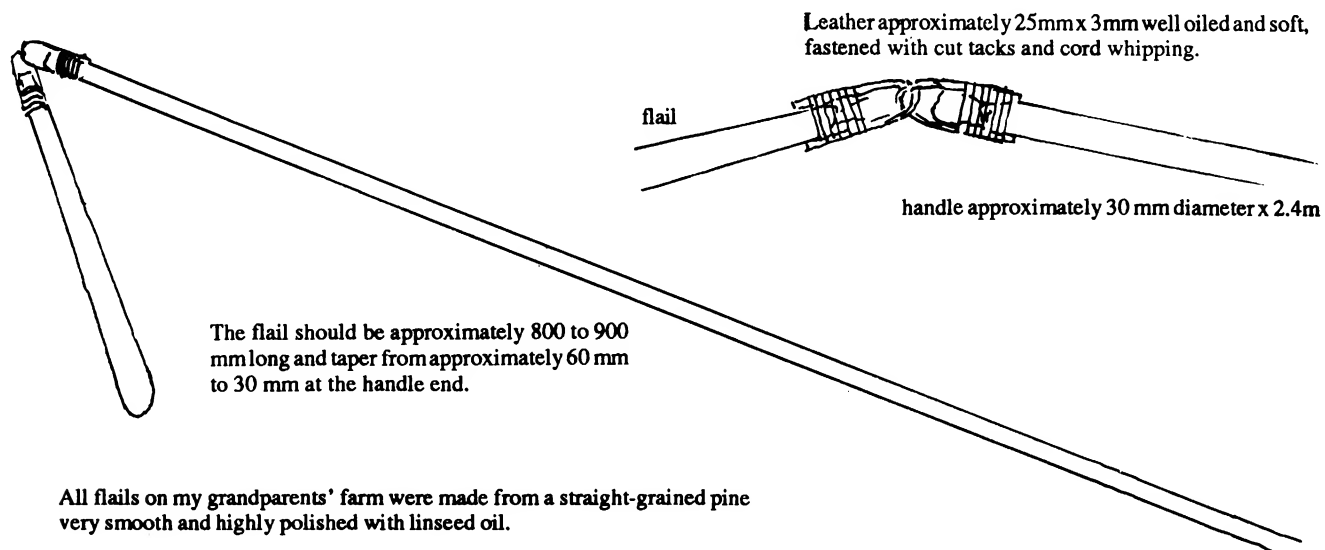
grandfather had one my size and I also took turns on the floor.

To get a steady rhythm with a flail is a knack which takes a while to acquire. The main secret is to have a smooth well polished handle that can roll in the hands without creating blisters whilst swinging the flail flat onto the grain to be threshed.

After all the grain was judged to be separated from the heads, the straw was picked up with pitchforks and stacked in another part of the barn for use during winter on stable floors etc. The grain and chaff remaining was then swept to the low end of the floor, from there it was picked up on a shovel and thrown at the far end wall with a spreading action. This resulted in clean wheat against the wall with the chaff and trash landing in the middle.

The wheat was bagged for sale, for stock food, or to be ground at the mill for home use. The chaff etc was used for nesting boxes and mulched.

The above was my last experience of the old ways as the following year at harvest time I was on a ship en route for Australia with my parents.



Leather approximately 25mm x 3mm well oiled and soft, fastened with cut tacks and cord whipping.

flail

handle approximately 30 mm diameter x 2.4m

The flail should be approximately 800 to 900 mm long and taper from approximately 60 mm to 30 mm at the handle end.

All flails on my grandparents' farm were made from a straight-grained pine very smooth and highly polished with linseed oil.



# TO LOAD HEAVY POSTS & POLES

by Ken Cooper, Bellata, NSW.

The easiest way to load heavy round posts and logs is to roll them on to your truck or trailer. You will need two poles approximately three times the height of the tray from the ground, long, and solid enough to take the weight of the heaviest of your posts, and two ropes.

Park your truck or trailer parallel to the nearest post, at a distance equal to the length of the poles. Then lay one end of each pole onto the tray of the vehicle, so that it rests with about 70-100 mm over the inside of the tray. Put a hefty chock opposite each pole on the other side of the tray so that the posts don't roll off when pulled up by a horse or tractor. You will be pulling the ropes from that side.

Let the other ends of the poles into the ground about the same distance as the width of the poles (diameter). Thus you have two solid poles set up with the heavy post about 30 cm or so away from the butts and side on to them.

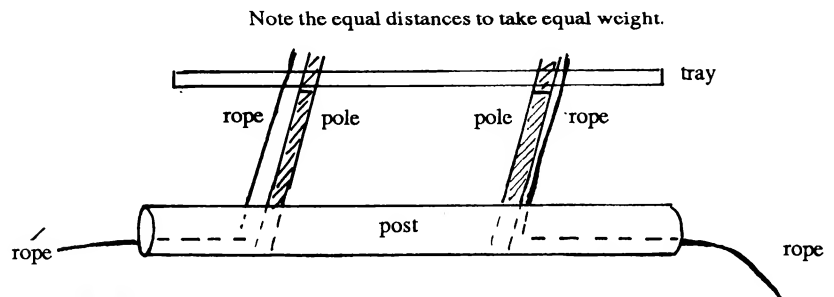
Now lay the ropes along the poles, over the tray and fasten them to the under side of the tray, opposite the poles. If there is nowhere to fasten them, take the ropes right across the tray and back under it, tying the ends securely to the poles, just under the tray.

Make sure the ropes are parallel with the poles and tuck their loose ends under the post.

Now lever and roll the post towards the poles and it will roll over the ropes and up against the butts of the poles. Throw the ropes back over the tray and

carefully pull from the opposite side of the tray. The log, even if heavy, will roll up the poles and drop over the ends of the poles onto the tray. If the tray of your vehicle is at an angle, the two chocks will prevent the posts falling off.

When pulling the ropes make sure the pressure is equal and the post runs straight. Cease pulling as soon as the post drops off the ends of the poles onto the tray. A couple of light poles across the tray will make it easier to retrieve the ropes, but bigger chocks will be necessary to make up the extra height.



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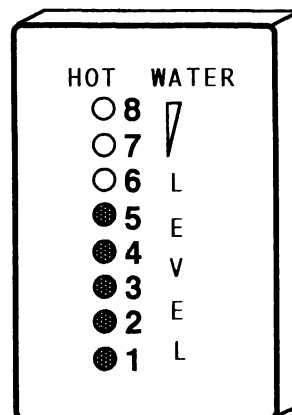
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### ANIMAL DIETS

I just thought I would share these recipes after reading Mr Beckett's comments GR 112. Both recipes come from a Readers Digest publication, *Practical Problem Solver*, which is worth seeking out at the library or a second-hand shop.

#### Dog Biscuits

- 1½ cups dog food recipe
- 1 cup unprocessed bran
- 1 cup uncooked oatmeal
- ½ cup vegetable oil

Preheat oven 120°C. Mash dog food in medium bowl. Mix in bran and oatmeal. Slowly add oil, mixing in more or less oil until mix can be moulded into patties or bone shapes. Bake for 3½ hrs. Cool, store in airtight tin. Will keep one month in fridge. Makes 16 or so biscuits.

#### Dog Food

- 500 g minced beef (not lean)
- 2 hard boiled eggs.
- 4 cups cooked rice
- 6 slices crumbed bread
- 2 tsp calcium carbonate (crushed antacid tablets)

Cook meat in covered pan until brown, keep fat. Mix well with remainder of ingredients in a bowl. If too dry add water – not milk. Makes about 1.5 kg.

- |               |       |
|---------------|-------|
| Feed 2 kg dog | 125g  |
| 5 kg          | 175g  |
| 10 kg         | 375g  |
| 20 kg         | 800g  |
| 30 kg         | 1kg   |
| 35 and over   | 1.5kg |

#### Diet Cat Food

- 1.25 kg cooked and minced chicken or beef liver
- 2 cups cooked rice
- 2 tbsp vegetable oil
- 2 tsp crushed antacid tablets
- Mix all in medium bowl.
- Feed 2kg cat 125 g daily.
- 3-3.5 kg 175g
- 4.5 or more 250g

Will keep in fridge 5 days well covered and sealed. Three months frozen – 20°C.

#### Diet Dog Food

- 250g lean minced beef
- 1 cup lowfat cottage cheese

- 4 cups cooked sliced carrots
- 4 cups cooked, sliced green beans
- 3 tsp bonemeal
- Brown meat, drain off fat. Cool and combine rest of ingredients in bowl.
- Makes 1 kg.

- |               |             |
|---------------|-------------|
| Feed 2 kg dog | 175g daily. |
| 5 kg          | 350g        |
| 10 kg         | 500g        |
| 20 kg         | 800g        |
| 35 or more    | 1.5kg       |

Will keep well sealed in fridge 5 days. Three months in deep freeze at minus 20°C.

Dianne Williams,  
FINGAL HEAD 2487.

### KHAKI CAMPBELLS

I have a flock of Khaki Campbell ducks using only a small child's wading pool. It is not necessary to have a large pond or dam in order to keep ducks. I clean out the water most days and happily apply it to my vegetable patch, fruit trees and around the garden. The only difficulty I have found was applying it to lettuces and spinach plants which did not like it as it was too strong. All other plants have flourished. This year people could not believe the size of my strawberries and wanted to know my secret. If I don't have the time to change the water I just make sure that they have clean buckets of water so that they can dip their heads in to keep their nostrils clean. It is fun to watch them take their bath and they seem to have a definite order of entry with the dominant male entering first, trying it out before others are allowed in. The pool is placed on top of corrugated iron sheets so that extra mud is not trampled into the water. Around this is placed fresh bedding straw, a nesting and feed box. This is all housed in a fox-proof run as I have had too many sad experiences in the past with losing them. During the day they are allowed to wander about happily scavenging for food and are happy to go home at night. They are given pellets at night to supplement what they have eaten during the day. I also have the added delight of being given fresh eggs every day. I find my ducks are more reliable for eggs than

my hens. The eggs are the best for cooking and making ice cream. I hope this may encourage more people to have ducks without the necessity of a big area.

C Wedding,  
BITTERN 3918.

I saw a letter in Feedback quite recently asking if anyone knew why chooks eat polystyrene. Unfortunately I can't find it to chase up the answer. Does anybody know why?

Lorraine Chamberlain,  
RIPLEY 4306.

*The letter was in No 113, pg 44, contributed by Don Reynolds. Poultry test their world with their beaks, along with their other senses, and if the object they peck at with curiosity is of edible texture and free from an unpleasant odour, they assume it is fine to eat. Initially they may peck at polystyrene to pick off an insect, piece of eyecatching leaf, etc, and then continue with the process when small pieces come away. There have been no deleterious effects observed in birds other than in the above Feedback letter, but it is recommended to remove the temptation from poultry in case of residual effects. If you are not prepared to eat the product or if food is not of a standard to be ingested by a human, then it should not be given to livestock.*

### CAT LITTER

Re the issue of cat litter and how to dispose of it, GR 110, made me write to you about the issue.

I have three cats now and have always had a cat. I have only ever used cheap potting mix for their litter box. I use a polystyrene box and fill it with about a third of a bag. I keep the box in the garage where they sleep and they will always use it if needed. It's cheap, costing two dollars a bag, recyclable, and the cats love it being the next best thing to soil. It can be added to the compost bin or piled in a heap left in the rain to wash, or hosed off. It can then be re-used either in the box again or on the garden. A few drops of Nilodour will get rid of cat smells anywhere. It's available in supermarkets.

Robyn Leah,  
NSW.



# ECO NEWS

## GREEN HEATING QUEST

Helping to solve the environmental problems of wasted energy and the greenhouse effect will be on the agenda of universities and industries across Australia this year under an environmental education project called the Green Heating Quest.

The Green Heating Quest is a national, collaborative research project which is seeking innovative solutions for warming our homes and providing hot water without harming the environment. Projects which address this issue will be run in tertiary institutions and in industry throughout 1996, and awards will be presented to outstanding projects at a national event in November.

Australian households spend around \$2.5 billion each year on heating energy. Space and water heating use over two-thirds of all energy consumed in the residential sector. This is mostly in the form of electricity, gas or wood, which can all have detrimental environmental effects. If everyone used more energy efficient appliances and if houses were better designed to be warmed and cooled naturally by the sun and wind, we would significantly reduce greenhouse gas emissions and our energy bills.

Projects in the Quest will cover a variety of areas including design, technology, social sciences, marketing and communications. It will ask such questions as: What can people living in rented houses who can't install insulation do? How can houses be better designed to minimise heating? Can we make a better hot water system to stop heat losses from the tank?

By focusing on green heating issues in their studies during 1996, the Quest will help young people make a positive contribution to the protection of the environment. Industry is also being encouraged to join them, by working with students soon to enter the workplace.

For further information on the Quest contact: Felicity Wishart, Green Heating Quest Project Officer, Ph: 03-9660-3980 or 9660-2362. email: fwishart@rmit.edu.au

## GLYPHOSATE DANGER

Following a recent report of the National Registration Authority for Agricultural and Veterinary Chemicals, all glyphosate products will be illegal for

waterway use (such as spraying weeds in drainage and irrigation channels) from June 30 1997, except where the waterway has been dry for at least four days. Of the 75 products reviewed, 74 contained a surfactant toxic to frogs and other aquatic life. All products tested left toxic residues after application to a five centimetre depth of still water. In future only products with a superior margin of safety for aquatic life will be able to be registered.



## LANDCARE FOR BANDICOOTS

Land managers in areas of eastern barred bandicoot habitat are being urged to consider the animal's needs when engaged in landcare projects. Many 'undesirable' weeds provide important nesting and shelter areas for bandicoots, these include gorse, blackberries, hawthorn and boxthorn. While these weeds can be a major environmental pest, their large-scale removal can place at risk bandicoots living in areas where their native habitat has already been degraded to such an extent that they have no alternative cover. A bandicoot-friendly response to the problem is to remove such weeds gradually, meanwhile replanting native plants to provide dense low groundcover and a shrubby understorey. A mixture of locally indigenous species is best for long-term viability.

In Tasmania, where the eastern barred bandicoot is most widespread some appropriate species might be: *Lomandra* and *Lepidosperma* species, tussock grasses, *Poa* species, *Acacia genistifolia*, *Acacia verticillata*, *Grevillea australis*, native gorses, hakeas and correas.

## RECYCLING CONFUSION

There is widespread confusion about the plastic identification codes (PICs) on the bottom of plastic containers: a curved triangle of arrows with a number in the centre. Theoretically, all plastics

can be recycled, but in reality recycling facilities are only generally available for types one, two and three. A symbol of triangular 'chasing arrows' elsewhere on the item, together with a PIC of one, two or three on the base is what to look for when purchasing products packaged in plastic.

## LANDCARE FOR CITY PEOPLE

In the past year Landcare groups in Victoria have planted five million trees and erected thousands of kilometres of protective fencing in order to help prevent erosion and salinity and to regenerate and protect wildlife habitat. The vast majority of this work has been undertaken by country people. However, there are opportunities for city people to participate. A number of schemes allow country and city people to interact. One of these is the Tree Project which takes Melbourne people to the country to plant trees on farms and enjoy some fresh air and farm life.

Enquiries to: Julian King, VFF Landcare Project Officer, 03-9207-5561 or 03-9531-6241.

## KOALA PROTECTION

The recent development of new guidelines for habitat conservation will help protect koalas in NSW. State Forests wildlife experts have found that koalas and other native wildlife often do better in managed, logged regrowth forests than in unlogged areas. Hazard reduction burning can increase eucalypt regeneration and reduce the risk of intense wildfires which kill or stress animals.

A new range of logging rules has been developed in conjunction with the National Parks and Wildlife Service. Studies of koala lifestyle have provided information which will allow State Forests to plan periodic logging in such a way that it does not cause long-term habitat destruction. There are already areas reserved under normal planning processes to protect endangered animals' habitat. Under the new regulations logging will be excluded from sites containing breeding groups of koalas. This is part of an ongoing process of surveying koalas and their range and the new guidelines will be reviewed as more information from monitoring and research becomes available.

# FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I used to buy the mags for a couple of years, but left off for some reason or other (temporary insanity?). Have started again with GR 112 (great stuff!) in the hope of finding an alternative SHAMPOO AND CONDITIONER RECIPE. Can anybody please help me? I have a very sensitive scalp and due to a bout of cancer last year am trying to eliminate chemicals that are used on my body and really prefer a 'back to nature' lifestyle. A bit hard to do with the lead/zinc/copper mine here chucking out its gunge!

To 'Glen Lee' GR 112, I read an excerpt from a book written by Tom Warren called *Beating Alzheimers*, advertised in *Healthy Options* magazine Dec/Jan issue (said to be available in most book stores). The book seems to say an awful lot about amalgam fillings etc.

Does anybody out there have an ANTI CANCER DIET that is not too severe? Some of these books I've read leave me feeling like a cross between Bugs Bunny and a cow, crunching all that raw food - a bit hard on us denture wearing folk!

My magazine collection goes to 1989, so I have missed out on heaps since then. Not to worry, the only problem now is to get to it before my hubby hogs it!

Anne Garland,  
PO Box 2713, MT ISA 4825.

Dear Friends,

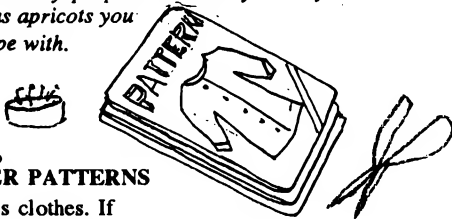
I am writing to see if anyone has any BLACK WALNUT TREES. I specifically need to buy some of the green hulls surrounding the nuts. They must still be at the green stage. Also does any reader have a CLOVE TREE so that I can buy some freshly picked whole cloves?

A last request, does anyone know what a safe maximum number of APRICOT KERNELS taken orally would be? I have read that they contain cyanide.

I love the articles and letters in GR. Best wishes to all who make the magazine possible, and to the readers themselves.

Iris Hunter,  
PO Box 69, ST ARNAUD 3478.

*One theory is that the apricots and kernels should be eaten together as they have complementary properties. Thus you only eat the same number of kernels as apricots you can comfortably cope with.*



Dear GR Readers,

I am after PAPER PATTERNS for making women's clothes. If anybody has some they do not need and could send them to me, I would gladly pay for postage. Any patterns would be much appreciated, especially designs from the 1960s and 70s. Thank you.

Cristle Fuller,  
61 The Sanctuary Dr, LEONAY 2750.

Dear GR,

I have a SOLABEAM SOLAR POWERED TORCH and it is great. Problem is I am unable to find another, nobody has heard of them, even at K-Mart where I bought this one about two years ago. I wrote to the address on the packaging last year, but got no reply so they have either gone out of business or have moved.

Does anybody please know where they are available in the Brisbane or Kingaroy areas? I did find a solar torch made in China but it is rubbish, no good at all.

Margaret Connell,  
626 Kingsford Smith Dr,  
HAMILTON 4007.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

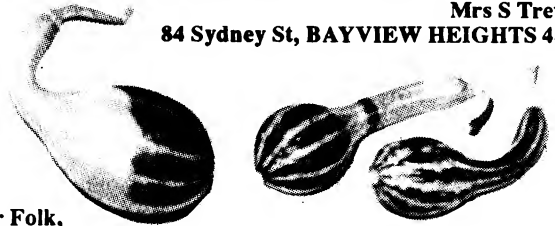
Dear Sir/Ma'am,

Thank you for such an informative magazine and a special thank you to all persons who answered my letter re tinnitus and dolly pegs.

I am very concerned about the IMPACT COMPUTERS, television and fluorescent lights may have on our skin and our eyes. Also, are the chemicals used in UV block-out preparations damaging our skin? An acquaintance of mine, who does a lot of sailing, had a bottle of UV cream break and spill onto a spare sail. The sail started to disintegrate where the spilled cream was. Are there any articles or books written on the subjects? If anyone can help or has any theories of their own, please write to me.

Do we have any readers in Wales (UK) who would like a pen friend? I am 51 years old, married, a grandmother, and my hobbies are reading, swimming, cooking, some gardening and handcrafts.

Mrs S Trewin,  
84 Sydney St, BAYVIEW HEIGHTS 4868.



Dear Folk,

Can anyone help with various kinds of GOURD SEEDS and with instructions for ways of using gourds? Naturally I'll pay your postage and may be able to exchange a few ideas I have for gourd/craft with you.

Am also looking for a recipe for making crystallised ginger using pie melon.

Lorraine Zinnack,  
PO Box 309, KINGSCOTE 5223.

Dear GR Readers,

I have just read my first copy of GR and must say am enjoying the warm glow of enthusiasm mixed with a bit of reassurance I have gained from the experience. By the time you are reading this I will hopefully be the proud new owner of a 28 acre block in the South Gippsland hills. (12 acres of pastures on a fairly steep north facing slope and 16 acres of bush on a north-easterly slope). After leaving England eight years ago, my family (Julie and Fergus) and I moved to the sprawling metropolis of Melbourne. Three years ago we moved out to the bush, where we currently rent a house on ten acres.

A good friend asked me a question a while back which took me by surprise, as did my answer to her at the time. Nevertheless being asked the question and giving the spontaneous response that I did, continues to give me comfort. She asked, 'Ian, where does your spirit reside?'. Now, not being someone who has religion or the pursuit of enlightenment at the top of my agenda, I briefly thought to myself, 'What on earth does she mean?'. But within the next breath answered, 'In the land'.

And now to the main reason for this letter. The block that we are hopefully going to buy at auction, has a seven square bungalow on it. We will build a barn to give us a bit more living room plus storage space and roof area to collect water whilst we build a house. Could anyone please recommend a book, magazine or other resource where I can begin to RESEARCH THE DIFFERENT TYPES OF HOUSE CONSTRUCTION suitable for owner/builders, preferably an overview of the various pros and cons of different construction methods and materials rather than information put together by people wishing to 'sell' one particular construction medium.

I'm not sure if it's acceptably 'grassrootish' or not (I don't see why it shouldn't be, but I'm sure there will be purists among you who disapprove... sorry), but replies can be sent to me at my E-Mail address if you're into the internet thingy. Send to: ilock@m150.aone.net.au

Ian Lock,  
PO Box 3052, TRARALGON STH 3844.

*Ian, have you come across 'Owner Builder' magazine? It's available at newsagents, or write to: PO Box 974, BENDIGO 3550.*



# FEEDBACK LINK-UP FEEDBACK

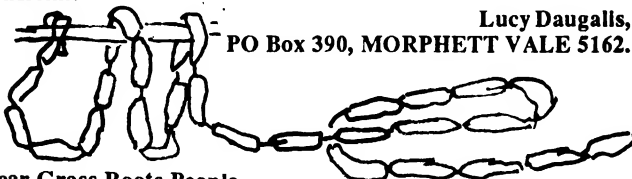
Dear GR,

To Allison Jowett who is interested in **MAKING HER OWN SAUSAGES**. In view of the fairly recent tragedies connected with the consumption of metwurst where a child died and a number of others got very sick, it may not be a bad idea to make our own because better quality control can be exercised on a small scale, the incentive being greater. Years ago I bought a book on sausage making and enjoyed reading the adventures of a man who tasted a variety of sausages in the whole world. Since then, I read instructions given for people in my country of origin, who used to, and still do, make their own sausages, and was horrified to think that I could have followed the first book where the writer very casually talks about sausage making as if it was only a matter of stuffing the casings with some meat. There is far more effort involved in this than most people think, scrupulous cleanliness at all stages and with all ingredients, the choice of meat and especially bacon lard, on which the quality mainly depends, the timing for each stage etc, etc.

I have translated these very detailed and specific instructions, so that failure, except through carelessness, would be impossible. I have also spoken to a local continental master butcher, who does not use preservatives in any of his short-term sausages, using instead, herbs, curry, chilli, etc. But sausages for long keeping, such as salami, do need something which is called Kwikurit (saltpetre is no longer permitted in this country) and he was willing to supply me with it. He buys it from a wholesale supplier in large containers which have individual packets for smaller amounts of meat – the cost is minimal.

If any GR readers would like to give sausage making a try, they can obtain the booklet from me at \$7.50 including postage. I also have a smaller booklet on how to keep meat without refrigeration for up to a year (which people used to do in the last century) for \$2.50.

I noticed Margaret Prideaux' letter about her significant recovery – please Margaret, tell the readers about the clinic where you found humane and knowledgeable doctors who are treating you with alternative therapies. I am sure many others could benefit. I greatly enjoyed the two articles in one of the previous GR's on the self-healing of chronic fatigue syndrome.



Lucy Daugalls,

PO Box 390, MORPHETT VALE 5162.

Dear Grass Roots People,

First, a special thanks to the many folk who responded to our questions about garlic, jam making, etc, last year. We tried to answer all responses, but there are still a few more we will get to in the near future.

Our main reason for writing this time, is to locate a GR friend. We met HELEN BERRIMAN, from Tara, Qld through the Feedback pages when we still lived in Sydney back in '91. When we moved up to the Kingaroy area, we visited occasionally and tried to stay in touch by phone. When we stopped into Tara on our way home from holidays, we were told that Helen had left the area to live in Sydney. So Helen, if you're still reading GR in The Big Smoke, drop us a line!

Also, while in Tara, we went to the Community Centre to find out if there was a LETS (Local Energy Trading System) in town. Apparently there is one, but the Centre had no contact number for them. If someone could give us a name and address, we would like to get in touch. We are co-ordinators for Barambah LETS for Wondai Qld and area. It's great to be able to exchange news and ideas with other groups. We would also be happy to hear from any other LETS anywhere.

Darlene & Bill Johnstone,  
'Momentary Lapse', Lot 8 Sellar Rd,  
MS 612, KINGAROY 4610.

Dear GR,

Thanks for a great magazine. We have been readers for a few years now but this is the first time we've contributed to Feedback. We are a family of four: Egon, Nereda, Eric (6½) and Nerissa (4). We live in a

beautiful area close to Gympie with some acreage. We were wondering if anyone can help us with any information on the **BARMAH FOREST VIRUS**. This virus belongs to the Ross River virus family and Egon has been diagnosed with it. He is still suffering with its symptoms after several months now. Has anyone else got this and would they be interested in writing to us to let us know what therapies (conventional medicine or natural) they undertook and if it helped or not? Also any info of the Ross River virus would be helpful as the symptoms are very similar. On a different note, does anyone have any recipes on how to make ice cream from fresh cows' milk?

Nereda & Egon Gfrerer,  
Lot 4 Hill Rd, MOTHAR MTN 4570.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.



Dear GR Readers,

I am on the search for acquiring both information and bulbs for **POTATO ONIONS** and **TREE ONIONS**. I also want to grow mushrooms and need information and spore. I am growing two varieties of poppies: Californian and 'opium' and have been told I can use the seed for cooking – can anyone give me info about this? I have been told I need to roast them first.

There are many GR letters enquiring about **COMPOST TOILETS**. We have one – owner built and approved by the shire. My advice is to read *Goodbye To The Flush Toilet* which has all you need to know about why everyone should have one, designs, case histories, all the do's and don'ts and correcting any imbalances. We found this book in the library. Go to your shire and ask for specifications for a compost toilet.

I am a member of a **MULTIPLE OCCUPANCY/COMMUNITY** and would like to link up with other communities and members of communities – re swapping notes.

Finally, I have lost track of a wonderful friend – **HEATHER RYDER** (last known at Tokaroa - NZ) and I would like to reconnect.

Robyn Stewart,  
C/- Post Office, WITCHCLIFFE 6286.

Dear GR,

No one ever mentions the huge fat **MAGGOTS** that thrive in the compost bin. Can this compost still be used? Is there a way to get rid of them? They are gross.

Tracey Tervenski,  
C/- PO, POINT LOOKOUT 4183.

Dear GR,

Has anyone successfully made **TACO SHELLS**? Authentic shells are made using masa-harina flour. This involves soaking corn in lime water. My efforts have failed miserably. I have done a fair amount of cooking using different grains. Made lots of bread, chapattis and noodles.

My chapattis are made using stoneground wholemeal flour. (I have a Retsel grinder.) I incorporate tahini/polenta/brewers yeast/soya flour/ sesame seeds, whatever inspires me at the time. This helps provide a more complete protein for vegetarians. Water used consists of a 'tea' made using parsley or other greens. A small amount of finely chopped parsley can be added to the dough. For tabouli lovers, a cheaper more nutritious meal can be made by sprouting whole wheat. Available at produce stores, wash, sprout 1-3 days, cook as per raw rice. Use instead of burghul. Leftover wheat can be frozen, used in place of rice.

I love gardening organically. Are there any GR folks, especially Christians, in the **GRAFTON AREA** who would like to swap ideas on anything?

Dianne Barker,  
260 Prince St, GRAFTON 2460.  
Ph 066-427-394.

# FEEDBACK LINK-UP FEEDBACK

Dear Editor,

In GR 111 on page 11 Gisela McIntyre mentioned that health benefits had been obtained using a **PRITIKIN DIET** over eighteen months. Some of your readers may be interested to know that a previous associate of Nathan Pritikin now asserts that, in the longer term, a Pritikin diet may cause harm. For example, arthritis and other symptoms of impaired metabolism may develop. Those interested in more information on this matter should refer to the book *Improving on Pritikin*, by Ross Horne. I should state that I do not know Ross Horne and have no beneficial interest in any of his books.

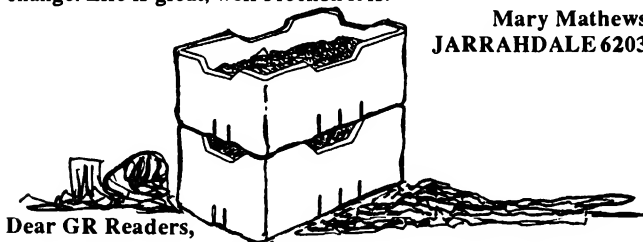
Leonard Bryson-Haynes,  
PO Box 544, ARMADALE 6112.

Dear Megg,

Just finished reading your 'Broody Hens' article. I found the **ARAUCANA** a savage little bird when clucky, good mums. I always gave them a wide berth at those times. Gerard Kelly's consumption of Epsom salts reminded me of my father-in-law. He always had Epsom salts in his first cuppa of the day. He placed enough salts to cover sixpence (5 cents) once a day only. He was a big strong active man, always on the go.

Now for some good news. I had a nasty skin cancer. Went to GP to have the horrid thing burnt off. GP considered it too large and risky to treat as usual so off I was sent to a specialist. The surgery of this man was full of patients. He examined me and decided hospital for the job, but not able to do me for seven weeks. Home I came and unhappily leafed through some English mags my sister gave me and on the medical page was a short note saying that the use of **SUNSCREEN ON SKIN CANCER** had produced some amazing results. Well, I quick smart applied a big blob of 15+ on my affected leg morning and night. The lesion started flaking at the end of the first week, so kept at it. At the end of four weeks I went to see the specialist again. As before, his surgery was full of patients. Thought he would be pleased with my leg but not him. He got really annoyed. To use his words, 'Oh, you don't want to take any notice of the Poms. Just makes my job easier.' Boy he lost me then. My parents were Poms. Home I went and continued the treatment. A big crusty lump came out of the centre, after that it healed beautifully. I cancelled the operation and visited my GP. He was pleased but warned me to watch the spot. Hard to watch as skin shows nothing, not even a colour change. Life is great, well I reckon it is.

Mary Mathews,  
JARRAHDALE 6203.



Dear GR Readers,

I read with interest the article regarding **DOMESTIC WORM FARMS** by Barry Stephenson, GR 111. I had similar problems at first, however, during my absence from home over an extended period in 1994, my wife Kim found that by mulching up all the kitchen scraps etc in an old food-processor that the reduced size of the food particles was devoured in half the time. This also encouraged the worms to multiply in a short period (a few months) and provided that you also give them a chance to consume the majority of food, before the next feed, flies, ants and souring will not be a problem.

I hope this will assist Barry to keep at it, as I consider that we all have an obligation to assist in the reduction of our waste and this is a very natural and safe way to participate.

Lindsay Bancroft,  
4 Crete St, PUCKAPUNYAL 3662.

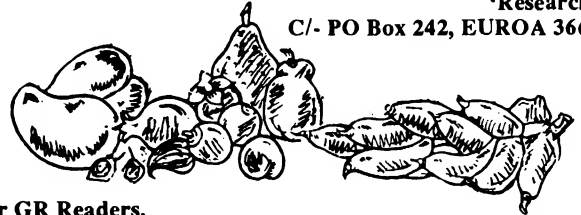
Letters are accepted and edited at the discretion of the publishers.

Dear GR Readers,

I would like to clarify the comment I made in my letter, (Feedback GR 112) that 'HEP C is not sexually transferred', to dispel the common myth that it is an actual sexually transmitted disease. Medical research has proven it is not present in saliva, semen or vaginal fluids. The hypothetical theories of possible sexual transmission, if blood is present, are yet to be medically proven or documented. Blood from an infected person, or instrument, must actually enter into the bloodstream of another person, for transmission to occur. Fact is however, no one can ever really know for certain the source of their infection, they can only ever presume.

'Research',

C/- PO Box 242, EUROA 3666.



Dear GR Readers,

Roger Gawronski was spot on with his letter about **FRUIT AND RAW VEGETABLES** (GR 112). I would like to recommend two more of Ross Horne's books: *The Health Revolution and Health and Survival in the 21st Century*. All these books contain excellent explanations of the cause of our 'diseases of civilisation' such as arthritis, diabetes, allergies, ME/CFS, AIDS and all the rest. The 'cure' sounds too simple to be true, but it is not. I'd advise anyone who is at all unwell to read Ross Horne's books and follow his advice. You'll be amazed at the results.

Petrea Heathwood,  
PO Box 5117, MANLY 4179.

Dear GR,

Have just discovered this magazine and think it's great! I am hoping someone can help me to obtain some **BEANSEEDS** which are jet black with a white beard. The bean itself is flat, about 5 cm, and grows like mad (I had one which covered a rotary clothes line). I had some seeds but they were lost when I changed residences. By the way, a great substitute for clothes pegs are the plastic clips from store bought loaves of bread.

Cliff Nunn,  
7 Bourke St, CARRINGTON 2294.

To Megg and Mary,

Hello to you both. My fiancé and I read your magazine and really enjoy all there is to read. We both one day want to live self-sufficiently. We are renting at the moment, but have started to get as much experience as we can by having a veggie garden, getting seeds together, homemade cures etc. I'm also the mother of a beautiful baby, any hints on how to make a **NATURAL NAPPY-RASH CREAM** for sensitive skin?

Cassie McClurg,  
RMB 8671 Coachwood Rd, MATCHAM 2250.

Dear GR Readers,

**HEATHER GOLDFINCH** wherever you are, thank you for donating all those GR magazines to the church fete in Ingleburn. It was like winning the lotto. I have only collected since 1984 from the 60th edition. Could readers please help? I love collecting recipes and need 'While The Billy Boils' from GR 11-18. Please don't tear them out, if you could just write them down please. Thank you.

Janet Vandermelt,  
21 Dotterel Pl, INGLEBURN 2565.

Dear Grass Roots,

Thought you might like to hear of a way to **DETER BIRDS FROM FRUIT TREES**. My husband had gone to a toy store to get some things and a lady was buying 20 toy rubber snakes (the sort that look very real) and the shop assistant enquired as to what she would do with them. The answer: she put them in her fruit trees to deter birds. You can wire them on so the wind doesn't blow them out.

J Amey,  
PO Box 582, MITTAGONG 2575.

# FEEDBACK LINK-UP FEEDBACK

Dear Megg and Mary,

Although you have a proven strong and loyal following let me add my bit. Don't ever change the tone of GR. It is clean, friendly, helpful and a pleasure to read. My wife Jan and I have retired to our 40 acres in the Richmond Range, Northern NSW. After many years of living in urban matchboxes, we built our home as near as possible to the middle of our block. Absolute heaven, loads of elbow room, great neighbours, fantastic views, clean air and a very lay-back lifestyle.

Anyway, to business. In GR 109, Doug Simpson of Boambee stated that he was having trouble with CONE ANTS. I scoured issues 110 and 111 for an answer. Alas, all replies must have been sent to his home address. I have the same problem and have been driven to using Hortico Ant Killer Dust, an effective but temporary solution. I would welcome advice. I recall reading an interesting article in an old but long gone issue of GR, on stump burning utilising a 44 gallon drum. What's the chances of reprinting the article? Also I am looking for a recipe for ginger beer using fresh ginger. Any reader's recipes would be more than welcome.

Lastly, recipes for cleaning agents, insecticides, herbicides and such like abound, unfortunately in fragmented form from all different sources. Is GR able to recommend any up to date publication which lists these invaluable recipes?

Geoff Bateman,  
PO, OLD BONALBO 2469.

Try 'The Cleanhouse Effect', by Robin Stewart, published by Agmedia and available in newsagents and bookshops, or, 'Living Better For Less', available from Night Owl Publishers (see page 90).



Dear GR & Readers,

Hi! I've only just heard about this great magazine and enjoy it very much. My family has recently moved onto the land and I need some help from GR readers. You see we're on a low income (like most Aussies) and I would like to be able to cook healthy cheap meals and do my bit for the environment. So I was wondering if some GR readers could send me information on meals I can cook (I'm not the best chef) and on freezing vegies, how to make stock etc and how to make things like homemade soap, shampoos, cleaners etc.

Cassie Kaney,  
Lot 4 Dovedale Rd, MIRIAM VALE 4677.

Whew! That's a tall order Cassie. Why not send for a GR Back Issues list? Most of the information you are after has been in the mag at some stage. Send a business-size SAE to: Night Owl Publishers, PO Box 242, EUROA 3666.

Dear GR,

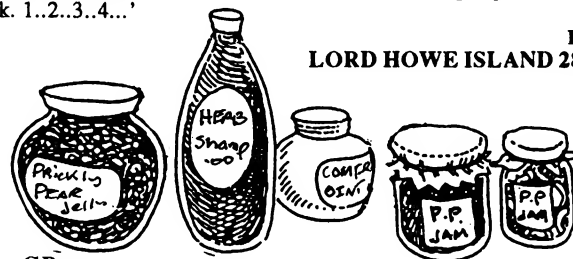
Wonderful magazine! I enjoy it very much and here's my two bob's worth for Feedback 110.

To Kathy re COLD SORES: These are viral and once you acquire the virus it's not entirely eradicated from the body, but lies dormant. The only way to prevent them is to stop the trigger - this may be infections like cold and flu, stress, diet, and sunlight, or even a bump to the lip. Vitamin C is wonderful for colds and flu as we know; stress and diet are up to you. In my experience with sunlight-induced cold sores blockout is not enough because the heat is still enough to stress the lips. (Put blockout on a sausage and it's still going to blister on the barbie.) A large brimmed hat worn always in the sun is the only way to prevent damage. Repeated sun damage to the face and lips is a known factor in melanoma development so be careful. To quickly clear up an attack, I have tried every chemist product available and these work best for me: Nyal Cold Sore Lotion - contains bensoin, camphor and menthol and doesn't stain the lips like iodine-based lotions. BFI Powder (by Amrad), an antiseptic dusting

powder for use at night (it looks pretty funny), and in between attacks Amcal Cold Sore tablets as a preventative - said to contain lysine amino acid that prevents viral growth. I don't use creams as they tend to promote growth and spread of the sore. Remember when pregnant to check anything you use is not harmful as some preparations like 'Stoxil' are. Herbal remedies along the lines of ingredients in these preparations may definitely be worth exploring.

To Louise re giving up 'DAMNED CIGARETTES'. Here's how I did it six months ago and with losing weight and increasing my fitness. I got a skipping rope, easy enough to make, tried to skip a few times and was quickly out of breath but persevered. Every time I felt like a cigarette I'd skip to remind myself how unfit I was (family thought I was batty). Then the kids got involved counting how many Mum could do and trying to beat it. We made a larger rope and have turns swinging and watching each other, great for kids' co-ordination, counting skills and quality time together, not to mention just fun. I'm sure my lungs are healthier, and I know my heart is happier and my family has rediscovered play time. Our special rhyme goes like this 'Watch (name) skip, will he/she trip? Jump low, jump high, that's the trick. 1..2...3..4...'

Dee,  
LORD HOWE ISLAND 2898.



Dear GRs,

To Gaye Nicholls, Theodore: Prickly Pear Jam - 1 1/2 kg peeled fruit, 1 1/2 kg sugar, 1 lemon. Barely cover chopped fruit with water, and boil till soft and pulpy. Add sugar and lemon, and bring to boil. Simmer slowly till at setting consistency. Strain and bottle.

Prickly Pear Jelly - 45 fruit, 3 lge lemons, approx 3/4 cup sugar per cup juice. Peel and chop fruit into small pieces. Just cover with water and boil one hour. Strain, then add lemon and sugar. Boil till jelly sets. Bottle.

'Glen Lee' & Maureen Schmidt: Comfrey Ointment - 50 g root, cleaned and chopped, 500 ml olive oil, 50 ml melted beeswax. Steep root in oil on low heat for two hours. Remove (don't strain) and add beeswax. Cool, and transfer to wide-mouthed jar.

For myself, I use chopped leaf, half the amount of oil (1 cup) and half the amount of beeswax (about 2 1/2 tbsp). These can be adjusted to the consistency that suits you best. I also strain the leaf out, pressing it as I do so. You could adapt this for other ointments, eg calendula.

To Elissa of Red Hill and 'Glen Lee': I find the herbal shampoo recipe from *The Complete Book of Herbs*, by Lesley Bremness, very good. Just put one application of a mild baby shampoo (I use the cheapest) into a cup and add two tbsp of a strong decoction of your selected herb or herbs.

To condition dry hair use comfrey, parsley, sage or nettle. To condition greasy hair use calendula, horsetail, rosemary, yarrow. To prevent dandruff use parsley, rosemary, nettle, thyme, chamomile.

To soothe scalp irritation use chamomile, comfrey. Make a hair tonic from calendula, horsetail, nasturtium, parsley, rosemary, sage and nettle.

As you can see, some of the herbs are multipurpose. I have only included the easiest to obtain. Those you can't find in your kitchen, can be bought as teas in any health food shop. Use just like a two-in-one shampoo. No other conditioning is necessary.

Composting toilets (DIY): the most comprehensive info I have seen so far is in EG 86.

Gayle Gowen,  
C/- PO, OGMORE 4706.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Most people have a **FAVOURITE RETREAT** where they can relax, eat good food and commune with nature and their inner being. Maybe your retreat is in the hinterland of Murwillumbah, Nimbin, Byron Bay, Nambour or Bellingen. Or perhaps it is in New Zealand or Indonesia. But where can you stay in the shadow of the world's highest mountain range in stone houses unchanged in architecture since biblical times and live on a traditional diet untouched by modern civilisation?

Near the Hunza Valley of northern Pakistan, one can find such a retreat in a landscape beyond compare. The whole area boasts several world number ones including the highest concentration of peaks over 7000 metres, the largest number of glaciers outside the polar caps and the oldest living people in the world. The mountain range is the Himalayas that terminate in northern Pakistan with a bang rather than a fizzle, creating some of the most spectacular scenery on the planet. Just arriving at this place is a totally awesome experience.

The retreat is situated on a buttress overlooking two glacial-fed streams. All the buildings and irrigation networks are made entirely from rocks, mud and hand-cut timber. Permaculture has been used here since time began, with apples being grown alongside maize, sunflowers, potatoes, safflower and many plants and trees that have no English name. Many medicinal plants are also grown in the terraced fields.

Although there are shops in 'Village Loose', everything on the retreat is totally organic. Grain is cut and ground by hand into some of the best bread imaginable. Tomatoes, apricots and many other summer crops are sun dried on roofs during the warmer months ready for the harsh winter ahead. Consumerism is of little importance in the whole area with many isolated villages further upstream being totally self-sufficient with no shops at all.

The owner of the retreat is a Mr Masood-Ur-Rahman who is unique in the area as he speaks fluent English. If you wish to go to his farm, Masood will readily accept guests in exchange for money or information about permaculture in Australia. As with most places in Pakistan, accommodation is ultra cheap, so staying there will not break your budget.



Mr Masood-Ur-Rahman and his family welcome visitors to Village Loose, a small community near the Hunza Valley of northern Pakistan.

The address is: Mr Masood-Ur-Rahman, S/O Maohammayad Mushroof Khan, Village Loose, Post Office Astore, District Diamel, Pakistan. Note: 'Village Loose' is too small a community to be shown, even on the largest scale maps of the area. However, good maps of Pakistan should show Gilgit, the closest major town. Village Loose is situated approximately 70 kilometres south-east of Gilgit or 5km west of Astor (may be shown). Gilgit can be reached from Australia by flying with Pakistan International Airlines via Karachi, Lahore and Islamabad.

**Bryce W Wentworth,**  
11 Black St, Vaucluse 2030.

Dear Friends Through Print,

For some time now, I have had this idea that there are 'littlies and young people' out there who would like to write to, and hear from, a grandmotherly-type friend. Now that it looks like the drought is over (fingers crossed), we do not have to cart water and feed to keep the cattle alive. I thought that now is the time to ask if there are any small people out there that would like 'their own letter' in the mail, or older youngsters who can write their own letter, please **DROP ME A LINE**. Please send a stamped addressed envelope, or just a stamp until I see the number of replies I get.

I live on a farm with my husband of 26 years. We have two children aged 22 and 23. We do not have any grandchildren. We do have a dog and a cat, horses, cows and calves, and hens. There is also a pet rat that free ranges in the hay shed. This year, so far, we have plenty of feed and water for all. I hope that 1996 is looking as good for all fellow readers.

**Fay Putland,**  
Poverty Hill, M/S 182, THORNTON 4341.

Letters are accepted and edited at the discretion of the publishers.

Dear GR,

I am able to pick **CASHEW NUTS** from a nearby tree but because they contain a poison which is an irritant I know they require a heat treatment before they are edible. Would any readers be able to give me the method to prepare the nuts which renders them safe (and delicious!) to eat.

**Ros Ollermann,**  
136 Bowen St, CARDWELL 4849.

Dear GR Readers,

I am a fan of **MOODY BLUES** and I'm finding three albums very difficult to get. These are: *A Question of Balance*, *Seventh Sojourn* and *To Our Children's Children's Children*. I would be extremely grateful if anyone has these that they would be willing to sell or even make copies of. Also, as I'm an avid guitar player I am interested in any music, (sheet or from personal collection) old or new, children's or adults. Rest assured they will have a good home if you are willing to part with these items.

**Star Cadman,**  
PO Box 24, BELLINGEN 2454.

Dear Megg, Mary and GR Readers,

I have just been introduced to your wonderful magazine and am hooked. I was very interested in the letter in the June/July issue by Beth Warren, regarding parents not having control of their children.

I agree wholeheartedly with her sentiments. In fact one of the objectives of the 'Crime and Punishment (Tas)' group is to see that children come under the control of their parents, not some government bureaucrat. I would like to hear from anyone interested to know more about our group. Keep up the good work.

**Albert Hearn,**  
35 Bells Pde, SOMERSET 7322.

Dear GR's,

Can any reader help me in obtaining a copy of John Laws' poem *Little Town*?

**Michael,**  
PO Box 2783, MT GAMBIER 5290.



# FEEDBACK LINK-UP FEEDBACK

## To Grass Roots,

Brilliant magazine! After moving to Brisbane my faithful pair of **ROMAN SANDALS** have sadly fallen apart. As they were bought over 5 years ago they are now apparently out of fashion and hard to find. I've contacted retail outlets, op shops, warehouses, importers and manufacturers with no luck (not even second-hand). I'm a size 6. I do not know the metropolitan or country area well, but I'm happy to travel if it means getting Roman sandals, or pay for postage if there is someone out there who can help me.

My next request is: how do I deal with so much **PERSPIRATION**, especially on my face? I wear glasses and find they are constantly slipping off my face and fogging up. Contact lenses aren't considered in the budget. As an aromatherapist I've tried many essential oil blends to no avail.

Any suggestions for books or recipes on high fibre, low fat meals? My cholesterol levels are disgustingly high and so far my search for yummy recipes is unsuccessful. My taste buds are not terribly adventurous and I don't enjoy eating herb or tomato-based foods, which obviously cuts down my choices.

I've been enthralled by the variety of bugs and creepy crawlies in Brisbane. They are absolutely magnificent. I wonder why I've never appreciated or noticed their beauty before?

Can anyone share their experiences in living in an **UNDERGROUND HOUSE**. What are the pros and cons? What type of land is needed, costs, etc. Lastly, I would like to make a small contribution. On hot days, a one litre water bottle with one drop of peppermint oil, sprayed on your feet is really refreshing. Store in fridge and shake before use. Enjoy. Looking forward to contact with you all.

DI Frost,  
2/26 Frodsham St, ALBION 4010.

*An article on underground building would be great, if any reader can oblige.*

## Dear GR Readers,

Thank you for your most informative and interesting magazine, every edition is indeed a wealth of knowledge.

Regarding Kathy Foulkes (GR 110) about the **COLD SORE PROBLEM** and how to prevent: if you put ice on the cold sore for twenty minutes, at the very first sign of it developing, there will be no sign of further development of this unpleasant discomfort, also apply lip chap twice daily.

Does anyone know where I can get a trio, two hens and a cockerel, of Pekin bantams? We have found this breed to be very disease resistant and excellent layers. I will be very grateful for any information on where we can get a happy trio, and will be pleased to pay the freight. Please phone 069-684-593 if you can help.

R Brown,  
15 Darlington St, DARLINGTON POINT 2706.



Contributors and correspondents who want letters or articles returned are requested to include correct postage.

## Dear GR People,

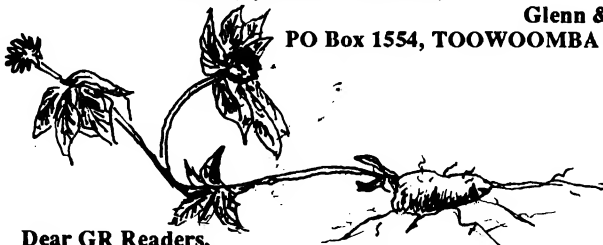
Wanted: **ELYNE MITCHELL BOOKS**. Must be First Edition prints, hard cover in good condition. *Flow River - Blow Wind, Light Horse - The Story Of Australia's Mounted Troops, Winged Skis, Chauvel Country, A Vision Of The Snowy Mountains, Light Horse To Damascus, The Silver Brunby, Silver Brunby Kingdom, Silver Bumbies Of The South, Silver Brunby Whirlwind, Moon Filly, the Colt From Snowy River.*

A Broad,  
RMS 994, LOCKINGTON 3563.  
Ph: 054-882-267.

## Dear GR Readers,

Does anyone know where to obtain rootstock plants or seed for the herb **GOLDEN SEAL** (*Hydrastis canadensis*)?

Glenn & Jan,  
PO Box 1554, TOOWOOMBA 4350.



## Dear GR Readers,

I am hoping someone out there can help me. We have bought a house with extensive **SLATE FLOORING**. The previous owners have done a very, very rough job. They also sealed over dirt which makes the floor look dirty all the time. I have started stripping the seal back, but have found that excess cement is all over the slate and the cement in the gaps between is rough and quite uneven. I have tried many things including spirits of salt, but it has been left too long. I have been quoted extremely high prices from 'the professionals'. Is there a machine or gadget that could help me clean up? Has anybody had a similar problem and stumbled on to a solution? I would be most grateful for any suggestions.

Jill Luke,  
PO Box 151, GORDON 3345.  
Ph: 053-689-658.

## Dear GR,

Referring to the butter-margarine letter, on pg 42, GR 113, an article on very fatty foods in the *Natural Health Magazine*, Vol 4, No 6, suggests using **ALTERNATIVES TO BUTTER**, such as mashed banana, avocado, or nut butters made from almonds, cashews or peanuts. It goes on to say that 'extended butter' is an improvement on ordinary butter. Blend together 1 cup water, 1 cup polyunsaturated oil, and 1 packet unsalted butter at room temperature. After refrigeration this is still as spreadable as margarine.

For further information contact the Natural Health Society. Their advertisement is under Publications in the Grassified section.

D Lane,  
Jasmine St, COLO VALE 2575.

## Dear GRs,

Reply to a question in GR 113. Craig of Bairnsdale asks if a car alternator can be used for power generation. Look out wrecking yards. About 1982 I read a *Popular Science/Mechanics* magazine in our local library where an ex-NASA space agency Einstein-type guy had provided power for his mountain retreat cabin by first finding a place near the cabin with **LOTS OF CONSTANT WIND**. Then he linked up about a dozen car/truck alternators on a large 'cyclone' fence support, each alternator had a car/truck cooling fan on the alternator shaft. He reckoned this set-up was far more efficient and lots cheaper than other ideas he tested. Apparently the old Holden-type radiator cooling fan (pressed out of tin) was very efficient although it didn't look it.

I find that pestering the local library to get you *Popular Science/Mechanics* really pays off as they have many useful tips for we living-in-the-bush types.

Don Reynolds advises not to use **POLYSTYRENE INSULATION** in homes. I've often wondered about the points he raised but a big outfit like Firestone (and maybe Uni Royal) seem to sell enormous amounts of it in USA, specifically for home insulation especially for winter conditions as it has very high R values, is lightweight and easy to install.

There's even a couple of house building systems that use 30 cm thick walls of polystyrene sheeting (240 x 120 cm) which are sprayed outside and inside with lightweight concrete for durability, ending up with a very strong composite or sandwich-type structure. But, when in a fire situation, ordinary polystyrene does give off lethal gasses in enclosed spaces.

Roberino,  
Lot 4, ARRAWARRA BEACH 2456.

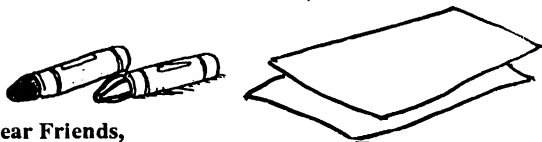
# FEEDBACK LINK-UP FEEDBACK

Dear Megg, Mary and all at GR,

I was interested in reading in GR 113 Liz Hansen's experiences with TUNG OIL. There is no doubt that this product is dangerous to humans if ingested. When I was a child in Sydney, just after World War II, there were tung oil tree plantations around the city as the oil was used as a substitute for linseed oil which, I think was in short supply at the time. The nuts on the trees attracted the attention of some youthful orchard raiders on a couple of occasions and the boys made a meal of their booty. The result was that the raiding was permanently stopped for a couple of them, and their deaths were written up in the Sydney papers. Years later we had a parquet floor in our then house sanded and coated with a plasticised tung oil product which gave an excellent hard wearing surface to the floor. Neither of us suffered any unfortunate effects from any fumes which may have been produced so that it seems likely that the tung oil will affect only those that are physically unwell and therefore susceptible to fumes which would leave most people unaffected. In other words, people should be made aware of the dangers of the product by appropriate labelling.

My *Encyclopaedia Botanica* lists three members of the aleurites family, the *Aleurites fordii* (tung oil tree), *Aleurites moluccana* (candlenut tree) and the *Aleurites montana* (mu tree). The tung oil nuts are listed as an important food for cassowaries, which must have cast iron stomachs. We had a candlenut tree which we grew on our previous property. The nut kernel is 60% oil and will burn readily emitting a good light. It is also edible if roasted, but the experience can be a very moving one as the flesh has a laxative effect if one makes too enthusiastic an inroad on the supply. Our tree grew quickly, was attractive, and bore well. The important thing is not to confuse a tung oil nut with a candlenut. We currently have a tung oil tree growing and producing nuts. I make sure that they don't figure in anyone's diet.

Peter Carr,  
300 Emerson Rd, REPENTANCE CREEK 2480.



Dear Friends,

Hoping that someone out there can help me! I am hoping to HOME SCHOOL my four year old daughter next year and would really appreciate hearing the personal experiences of others who have done this. I heard that there is a 'Homeschoolers Australia Pty Ltd' somewhere, and tried writing to an address at Kellyville, NSW, but no reply. Are they still in existence, or relocated? How do children fare socially when home schooled? Our daughter is a bubbly, happy little person, and I am concerned that she may be lonely (as she is an only child). Are there any folk out there in Tasmania (especially southern Tasmania) who have little girls from about 3 to 8 years in age, who my daughter could cultivate some friendships with? We are currently living in Hobart but will be moving to Franklin in the Huon region over the next few months. We are vegetarian and into Eastern philosophy.

Carsonl Oasl,  
PO Box 327, NTH HOBART 7002.

Dear GR,

My wife and I have just purchased an acreage. On it is a large tree which we are led to believe is a CANDLENUT TREE. It has numerous suckers which we would like to plant out around the property, but we are not sure whether to do this or not as we wish to have animals (cows and goats) and cannot find much information on these trees. If anyone has any information on candlenut trees or uses for the nuts and could pass it on to us it would be greatly appreciated.

Col Phillips,  
8 Liffey Way, CALLIOPE 4680.

Dear Readers,

I have no access to free range chook manure so have had to resort to a regular battery chook farm for manure. I am very interested in making

LIQUID MANURE in large quantities. Has anyone done this who can give me advice on the best type of containers, if they should be sealed, correct temperatures, time it can be stored, and especially whether there are any major drawbacks to using battery manure? Also are there any legal implications with selling homemade liquid manure?

We made up a 200 litre drum of this and it turned out a black, bubbling, stinking mess, what went wrong? I look forward to receiving your replies.

Kristina Richard,  
PO Box 413, DERBY 6728.

Dear GR,

We are a family with four children (12, 11, 6, 6) living approximately 100km south of Brisbane. Our nearest town is RATHDOWNEY. We share values and interests with many GR correspondents. We'd like to share our six acres on weekends (or every day) with perhaps a city family with kids looking for some country time. We have lovely views, no traffic noise, no pollution and we delight in seeing our land regenerate with hoop pines, silky oaks etc. We seek CONGENIAL COMPANY for ourselves and for our children. We have separate accommodation with shared facilities. Shared costs only. Interests include music, gardening, camping etc.

Jana & Greg Missen,  
Lot 1 Black Gully Rd, RATHDOWNEY 4287.  
Ph: 07-5544-1276.

Dear GRs,

I am writing to advise Jan Atkinson that the use of BABY OIL as a base oil is not advisable. I'm a qualified aromatherapist and not a lot of people are aware that baby oil is a petroleum byproduct. It's not environmentally friendly, nor is it kind to your skin. Because it is a petroleum based product it sits on the upper layer and does not penetrate the dermis or epidermis. I use olive oil or almond oil as a base oil, it's just as cheap, it's biodegradable, and it helps the absorbency rate of herbs or essential oils. Almond oil is akin to our own naturally occurring skin oils. If you make a natural oil remedy, store oil in dark bottles and add a few drops of wheatgerm oil as a preservative; your oils will last up to six months stored in this manner.

Raelene Bowman, (Aromatherapist Dip)  
74 Glralt Rd, MARANGAROO 6064.



Dear GR Readers,

My partner Dave and I would like to share with you our enthusiasm for PURE HONEY AS A HEALING AGENT for open wounds. I have used it to heal leg ulcers, poisonous coral cuts, bed sores and various other wounds. I find it especially good for those wounds that are dirty and hard to clean. For this to work you need to completely cover the wound thickly with honey, then cover with a dry dressing, then plastic. Seal well all around so the honey can't leak. This needs to be left on for a minimum of three days and kept dry. It can be left on longer or done again, each time leaving it for three days or more. Initially the honey may sting slightly but this is only momentary.

I've found after the first three days the wound is fairly clean and starting to heal around the edges. Small wounds often only need one application. For larger wounds I leave it on till completely healed.

The honey works basically by keeping out air and moisture. I feel this would be good for tropical ulcers where the high humidity slows or often prevents the healing process.

I stress this must be pure honey. I wonder if this process would be successful for the ulceration caused by the bite of the while tailed spider? Does anyone know?

Sue Stevenson & Dave Launt,  
1212 Dungay Ck Rd, KEMPSEY 2440.

# FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Where would we be without your mag, we get such a lot out of it, but it does take its time in getting here. Our family, me and hubby, are planning to move over to Tasmania, or Victoria, as our family are now living in Australia, we were left at home, so thought we would wander as well. We are looking for a small business, or some home-based type of work/seasonal work, till we can find what we would like. Could anyone tell us where to go and what to look for and pitfalls? At present we live in a small rural district, so we know its pitfalls, but love it. Need a change. We have planted citrus and other fruit trees in very sandy soil, lots of hard work, but we have all gained from it. Looking forward to all your help.

Gary & Jocelyn Bartlett,  
RD Awanul 0552. NEW ZEALAND.

Ph 066-427-394.

Dear Readers,

I live in the Kimberley region of Western Australia. I plan to begin HOME SCHOOLING my two youngest children, aged four and five, this year. I would appreciate information on any home schooling association in either Western Australia or the Northern Territory that anyone could send me. I have had no success in finding any to date.

Helen Letham,  
PO Box 310, WYNDHAM 6740.



Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

Dear Megg, David and Grasshoppers,

Way back in GR 41 you published an article I wrote on self-sufficiency. I am still getting an occasional response to this article. Some people found my phone number and left messages on my answering machine, but the message time expired before they were able to leave a contact number. Others wrote while I was away in hospital or recuperating and my family collected this mail and in the process of moving back home these letters were misplaced, so these people have had no response. If these folk would care to contact me again I would be pleased to reply. I had a major operation so was away a long time. I live alone, and although I am usually around the place, I am usually away from the phone, so please leave a contact number so I can return the call.

In recent issues I see you still have many of your original contributors while other former regulars have faded away. Similarly with Feedback contributors. I am amazed at the number of conman-type adverts that still persist in Grassified. Reminds me of the clairvoyant who had to cancel his visit to our town due to unforeseen circumstances.

I have retired from work now, so if anyone NEEDS HELP with a project, or lonely ones would like a letter I would be happy to help.

I like the new cover and layout. Keep up the good work.

Nell Macdonald,  
PO Box 111, SEYMOUR 3660.  
Ph: 057-922-718.

Dear GR Folk,

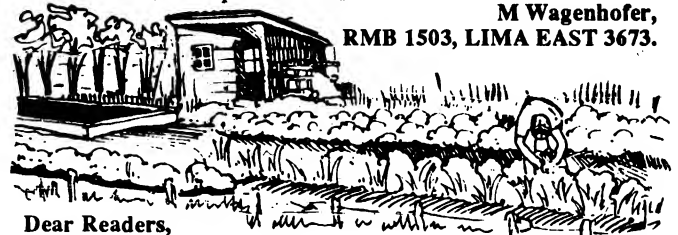
Can anyone help me with information on how to grow, harvest and consume WHEATGRASS? I've heard that some health farms use it as the main part of their diet. I've heard that it's excellent in helping repair a shot liver which I have. Any help would be greatly appreciated.

Mick Ballard,  
1118 Broom's Head Rd, TALOUMBI 2463.

Dear GR Readers,

I am researching the uses of the NEEM TREE and growing requirements. It seems to be a valuable tree for the home gardener, but are there commercial possibilities for its organic pesticidal properties?

Has anyone yet begun to commercially process the plant? I would like to make contact with a grower in NSW and also in Queensland to learn about the tree's potential as a viable crop. My letter to Joe Friend of Ausneem was returned address unknown (GR 98), I found his article left me with many questions to follow up.



M Wagenhofer,  
RMB 1503, LIMA EAST 3673.

Dear Readers,

GR 112 Ken Miles is worried about SLATERS. All they eat is decayed matter. They will not cause havoc in his vegetable garden at all. If his vegetable garden is having havoc it's probably caused by slugs at night.

In regard to Kathy and Keith Williams using POLYSTYRENE BOXES, I hope they are aware this product is made with several dangerous chemicals such as cyanide and arsenate of lead. If burnt the cyanide gas can kill you. I won't even grow vegetables in them at all.

In regard to Jeff Roper recommending the *Readers Digest Complete Book of Herbs* and *Encyclopedia of Herbs and Their Uses*, both are out of print now. I found it hard to obtain both myself. You will have to get them from a library or second-hand book store.

Lance Bullock, write to the Victorian Department of Agriculture, they published a book on growing the various types of GARLIC and how to market such items. You write: Victorian Department of Agriculture, Parliament Place, Melbourne.

Suzanne Shapland: CHINESE RAISIN TREES are very slow at first to produce fruit. They need plenty of manure and mulch around the tree, plus you also need another for pollinating unless there are others in your area. It also needs some pruning to shape it and force it to flower.

Leigh Winter: There is a very good book available in home brewing shops on making HONEY MEAD. It's a very involved process over a period of 12 months.

Margaret Hile: I would suggest you get GR 17, 19, 20, 21 and 26 as all have articles on CHEESE MAKING.

HOREHOUND COUGH DROPS: 1 cup boiling water,  $\frac{3}{4}$  cup horehound herb, 2 cups sugar,  $\frac{1}{2}$  tsp cream of tartar. Pour the boiling water over the horehound, cover and let steep for 30 minutes. Strain the infusion into a heavy saucepan, pressing to extract all the liquid, fold in the sugar and cream of tartar and stir over low heat until the sugar is fully dissolved. Cover the pan and let cook for 3-4 minutes to melt any crystals clinging to the pan's side. Then remove the lid and cook the mixture, without stirring, over high heat and skim off any scum.

When it reaches the hard-crack stage – when a confectionary thermometer reads 150°C, or when drops form brittle threads in ice water – immediately remove it from the heat. Brush a marble slab or a baking sheet with butter or oil and pour out mixture. As it begins to set, score into small squares with a sharp knife. Cut along the lines when it is cold. Store the pieces in an airtight container.

Cheryl McKay: In regard to long drop toilets, a bag of QUICK LIME was used in those types of toilets; each time one shovel full was dropped down the hole after use, this in turn dissolved it rather quickly leaving the toilet fly free.

Andrew Marciniak: Try the public library in Latrobe St, Melbourne. They had some books there at one stage on the type of WINDMILL you're interested in, or ask at second-hand book shops around your area, I have often seen them there.

In regard to resin for soap making contact: Auroma, 39 Melverton Drive, Hallam 3803. Ph: 03-976-4833, fax: 03-976-4966. They carry a full range of soap making products.

Colin Franklin,  
RMB 260, ALEXANDRA 3714.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Greetings from the goldfields of WA. A big thank you to people who sent me information and plans for moccasins. In your excellent magazine you previously advertised for 'Cranky Clem' WINDVANES. I now need to contact them for a new propellor as the other flew off into one of our dog's mouths, now it's a two-piece with no hope of reconciliation. So if Cranky's makers read this please drop me a line, as it's a good nic nac to have in your garden.

Coming originally from NZ and experiencing cold winters very regularly, I would like to comment on what an excellent fire the Hot Drum is. We put in a Centennial two winters ago in Kalgoorlie and when we go we will put in another. The wildflowers last year were great due to a record rainfall. Unfortunately history shows us that fires will follow.

Mark Shaw,

183 MacDonald St, KALGOORLIE 6430.



Dear GR,

In reply to the letter of Barry Stephenson (GR 111) and the problems with his HOME WORM FARM. I suggest he gives the worms the total output of scraps from his kitchen and lets them get on with it in peace. The flying intruders can be dealt with by wrapping the scraps in newspaper parcels before placing them in the farm. Wrapping also keeps the scraps moist for quick decay and hence quick conversion by the worms. In my experience invasion by walking insects indicates that the material is too dry. If necessary add water to get at least a half-litre of wonderful liquid fertiliser per week from your worm farm. If this does not discourage walkers, try standing the legs of the farm container in dishes of water or smearing the legs with something unpleasant to them. I suggest that it is not possible to measure the daily food needs of worms in a home worm farm by observation, as the food items must be softened by decay before the worms can eat them. This softening can take from hours to many weeks, depending on size and type of material and moisture present, so the worms move about seeking tasty morsels. The only measure of success that I have found is if the container never seems to fill.

I used to suggest a sprinkle of lime every two or three weeks, based on our large output of scraps, but found that some people only produced a half-litre of scraps per week, so had to modify my advice to not more than a tablespoon of lime to ten litres (a normal bucket of scraps). Never add lime to animal manures. As to suitable foods, kitchen scraps from a family that eats a plentiful and varied diet of fresh food, together with some clothing, paper etc, cannot be beaten; rich worm casts will result. Using worms to recycle household wastes is quite different from commercial worm farming. Most books describe commercial worm farming. Comments from readers of this letter and my two articles in GR 110 and GR 111 would be very welcome.

Graham Roberts,

2 Nichols Pde, MT RIVERVIEW 2774.

Graham, we would like to know the reason for the advice not to add lime to animal manures.

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.

Dear Megg & Mary,

We are vitally interested in a council approved large scale, for 20 adults, TRENCH TYPE OF SEPTIC SYSTEM which would filter and use all the human waste and grey water by gravity feed down a slope from the buildings for permaculture and tree growth, rather than lock it all up in a standard septic system. Can anyone help us?

Laurence Hoins,

Mountain View Training Centre Inc,  
PO Box 795, NOWRA 2541.

The book 'Create An Oasis With Grey Water' should give you some ideas. Available from Agmedia for \$11.95 plus postage. Write to: Agmedia, PO Box 258, East Melbourne 3002. Freecall: 1800-800-755.

Dear GR,

I have loved the great outdoors all my life (all 28 years, that is) and enjoy reading GR because of the spirit of freedom and self-sufficiency that it conveys. Unfortunately, my life has always been held back by a personal problem known as SOCIAL PHOBIA, or long-term shyness in laypersons' terms. This makes it difficult for me to lead a full and happy social life, which in turn creates other problems. I would like to know if there are any other young people out there who share this difficulty or who are otherwise socially isolated; maybe we could form some sort of penfriends group. I would also very much like to hear from readers who are members of rural self-sufficiency and alternative communities, as I would like to learn more about this way of living. Finally, to the staff and contributors of GR, thanks for a top magazine and keep up the good work!

Greg Wilson,

52 Coromandel St, GOULBURN 2580.

Dear GR Readers,

Our family lives in central Victoria and we have quite severe winters and frosty mornings. The family is riddled with asthma and allergies, so we are gradually removing old carpets and RENOVATING FLOORBOARDS. I have two requests for help. Firstly, how can I keep the floor from being so cold? Can I insulate underneath? I would like to try and avoid floor coverings, but does anyone know of any covering that is not as dusty as carpet? Does anyone know anything about seagrass, hemp or similar natural fibres (including stockists)? Secondly, I would be interested in a nice way to finish floors, that two-pot mix smells so toxic! Any information, advice, publications would be truly appreciated.

L Cole,

C/- Post Office, TYLDEN 3444.

Dear Feedbackers,

We have recently moved to the Gin Gin area. We would like to contact ORGANIC GROWERS of fruit and vegetables. We have not been able to establish our own gardens yet. We would like to buy produce free of sprays. We have a circle of friends who share the same need.

We would also like information regarding living in these subtropical regions. It seems that the heat here really saps our energy. We come from the southern states and find the heat debilitating. We would like to hear from others who have had the same experience. It seems that wearing a damp cloth under the hat helps. We try to move around outside only in the cool of the morning and evening. Does the body adjust to the heat after a couple of years? Can you suggest additional ways of coping with the heat? Are there specific foods or nutrients that will help the body to cope with the heat?

Tropical Shade,

C/- PO Box 242, EUROA 3666.





# FEEDBACK LINK-UP FEEDBACK

Dear GR,

I can't believe I finally got around to subscribing. I was so excited to finally receive my copy in the mail! My husband and I would love to meet people in the **BELLINGER VALLEY** area, as we fell in love with the place on our honeymoon two years ago. We loathe Sydney and would love to make the move to this area, as soon as finances permit. We are vegetarians, permaculturists and would ideally like to build a mud brick home. My husband is a musician and I'm studying to be a social worker. Our biggest dilemma is how to earn a living once we've made the move. If anyone in the Bellinger Valley area has time to write to us, we would love to start a correspondence with them and learn more about this idyllic spot.

Lyndal Greenslade,  
27 Albany Rd, STANMORE 2048.

Dear GR Folk,

I'm wanting to learn to play, and purchase a set of **BAGPIPES**, and if anyone has a set in good working condition that they would be willing to part with for a reasonable price, could you please drop me a line. Also I am chasing some comfrey; a couple of ounces of the dried herb, or some seed, would suffice, and as an honest man, I will gladly repay the sender the cost of postage, and price of the herb if they wish. I am aware that comfrey is frowned upon by the authorities, but I won't tell anyone if you don't!

A tip for those in hot climates who suffer from **PRICKLY HEAT RASH**: Tinderbox Herbal Products have a chickweed and plantain lotion that will clear the worst condition in a week. They can be contacted on 097-641-034.



Justin Shipley,  
94 Roberts Rd, KELMSCOTT 6111.



Dear GR,

I'd like to thank many wonderful people who sent me **ENID GILCHRIST BOOKS**, as Christmas presents. It made Christmas truly wonderful as my eldest daughter lives in Darwin with her husband and baby son. They or us could not afford the fare to see each other. Now I'll be able to sew things for them.

I'd also like to thank the two people who helped me with information on the use of feet for my treadle machine. I now realise I don't have many of the feet listed. Some of the feet I have are not listed.

Once again thank you. I've tried to answer all letters. Some ended up under the house while I was answering them. Raging easterlies blow a lot of things under the house and this time I forgot to put a brick on them.

Lyn Cannon,  
74 South West Hwy, YARLOOP 6218.

Dear GR,

We have purchased 25 acres at **PARADISE FARMS VIA GIN GIN**, Qld. I am keen to correspond with people from that area with a view to finding out more about the place before making the big move. Please send letters to this address. I will reply to all.

Lisa Cooper,  
38 Branxton St, GRETA 2334.

Dear GR Readers,

I wonder if some readers would assist me in obtaining **HOMEMADE SOAP RECIPES**? I would be most grateful.

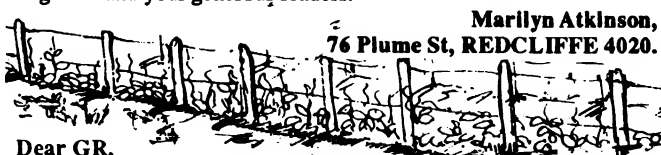
M Homes,  
22 School Lane, EMERALD 4720.

We have available copies of 7 GR articles on soap making. To obtain them send a cheque for \$5 and a business-sized SAE to: Night Owl Publishers, PO Box 242, EUROA 3666.



Dear GR,

I want to thank you for publishing my letter asking for advice re: coral tree on my land. I had many replies for which I am grateful, and I feel more confident about it now. Thank you once again to your wonderful magazine and your generous readers.



Marilyn Atkinson,  
76 Plume St, REDCLIFFE 4020.

Dear GR,

Since I wrote a letter and article 'Lets Get Cracking' in February 1995 (published in GR 110), there have been significant steps in LETS development in Australia.

The Department of Social Security (DSS) included the following paragraph in its March outreach newsletter to all social security (dole) recipients:

'Another great way of learning new skills is to become part of a co-operative enterprise. There is a growing network of co-operative enterprises, eg 'Local Exchange and Trading Systems' known as LETS. People involved with LETS trade their services with other members in the co-operative. These schemes are generally highly organised and work well. You can build up credits and use them to purchase goods or services offered by others such as child care, home maintenance, cleaning, gardening, clothes, plants, and trade and professional services. Such goods or services received through a co-operative enterprise are not taken into account when we work out your benefit payments. Organisers from co-operative groups already set up in your community will be able to help you with information about the requirements for setting up or joining a co-operative.'

Ozlets News Summer 94/95 No 8's front page wrote:

'TasLETS Scoops Computers. The Department of Social Security has agreed to give TasLETS up to 24 IBM compatible 386 computers and modems over the next four months to develop a LETS system network around Tasmania. They will bear the cost of all on-line time. Tasmania will have the world's first regional LETS system registries with all electronics to be funded by the federal government.' (Latest Ozlets list showed 14 TasLETS systems, so another 10 must be envisaged to cover the whole state.)

For GR readers wanting to join or SET UP A LETS SYSTEM here are some likely sources of information:

WA: WALLETS, PO Box 7441, Cloisters Sq, Perth 6001, ph: 09-327-5666; or Office of State Development, PO Box 7234, Cloisters Sq, Perth 6001, Attn John Croft. Their Ozlets Training Pack is \$25 including postage.

SA: SALETS Inc, PO 10112, Gouger St, Adelaide 5000. Attn Annie Lowe/Graham Dickason.

NSW: SWALETS, same as OzLETS News below.

TasLETS: PO 247, Deloraine, 7304. Attn Paul Felix. Ph: 003-623-014.

VicLETS: 8 Chesterville Rd, Cheltenham 3192. Ph: 03-9583-0095. OzLETS News (published quarterly): PO Box 183 Kurrajong 2758. Ph: 045-761-404. Email: [peg.apc.org](mailto:peg.apc.org) / World Wide Web: <http://peg.apc.org/~gmorris>; Annual subscriptions. Established LETS systems \$40; new or small LETS systems \$20; members of a subscribing LETS system \$12; and overseas \$50.

Nearest DSS office.

Regional Libraries or councils keep a community organisations directory and should have information on LETS.

If all else fails, I am still prepared to forward any information I have to enterprising prospective LETers - but, please, enclose a business size stamped self-addressed envelope and enclose at least 2 x 45c stamps to cover the cost of photocopying which is about 20c per page. The more stamps the more information I can afford to send.

Penny Ferguson,  
233 Lawrence Hargrave Dr, COALCLIFF 2508.

# FEEDBACK LINK-UP FEEDBACK

Dear Readers,

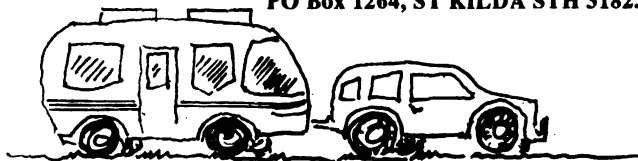
I have recently had a second operation for vulval cancer and have now recovered but I have found it difficult to find information on the subject. I would be grateful if anyone who has had this problem and is prepared to share their knowledge and experience, would contact me, as I have been told the problem is likely to continue.

RO,  
C/- PO Box 242, EUROA 3666.

Dear GR,

We are a young gay couple leaving Melbourne at the end of July to **LIVE ON THE ROAD** in our mobile home/bus. We are looking to meet with others who may be already doing this or have already done this. We are also looking for places or information on places to stay or work or just socialise. We have a wide range of skills from farming to cheffing. All mail will be forwarded on from our post office box at weekly intervals so please don't hesitate to contact us.

Jason & Rigby,  
PO Box 1264, ST KILDA STH 3182.



Dear GR Readers,

We are Megan (31), Wayne (29) and Ellian (the dog) and we are finally fulfilling a lifelong dream to **TRAVEL AROUND AUSTRALIA**. We are keen to meet fellow grassrooters as we travel around. Our interests are permaculture, self-sufficiency, looking after the planet and its people, fishing and reading and camping.

We are self-sufficient (a 10 foot van and a 4WD) and could exchange labour/gardening/handyperson work for a space to park our van for short periods of time. We are keen to find out about **WWOOF**ers too. Please don't suggest looking at old copies of GR, as these are all in storage! We are in South WA and will be in SA in about August, Vic late '96, Tas and the east coast for 1997 as we work our way around Oz. Love to hear from you all. Our mail is forwarded. Handy hint - try seaweed as a mulch. It's fantastic. GR is a fantastic magazine.

Megan & Wayne,  
C/- PO Box 5339, ALBANY 6330.  
Ph: mobile 041-201-9597.

*WWOOF can be contacted C/- Lionel Pollard, W Tree, Buchan 3885.*

Dear GR Editors & Readers,

My husband has recently recovered from a bout of cancer. Now I have heard that tea made from **DRIED PAWPAW LEAVES** is a strong anticancer treatment. But where to obtain them? No one down here has ever heard of them. I would be very grateful if any readers could give me some information where to obtain them, short of going up north and raiding some trees. Looking forward to hearing from you.

Marta Rogers,  
2 Abbotsford Ave, CHADSTONE 3148.

Dear GR Readers,

I am hoping that some readers might be able to help me. I don't like chemicals such as baits. I have a **BAD LOT OF MICE** in my house. I live in the country and have never had so many mice as this year. I've set traps but they ignore them, no matter what I put on them. They get in my drawers eating holes in my clothes and I was wondering if a reader might have a chemical-free option for me to get rid of my mice.

I have two cats but they can't seem to stop them. That's another reason I won't use baits.

Lynette K,  
C/- Post Office, COOMBENDALE 6512.

Dear GR,

Due to ill health and resultant changed circumstances I am unable to send out lists of writer's sources, as mentioned, in my article 'Making Money From Writing' (GR 114). All the people who wrote will have their money returned. This may take a little while as there were over 200 enquiries and I must attend to tasks as my health dictates. Apologies for the inconvenience and I will send out the lists at a later date when circumstances permit.

Graham Whittaker,  
PO Box 529, KEMPSEY 2440.

Dear GR Friends,

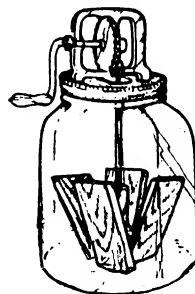
This is my first letter to you after reading your wonderful magazine for many years now, I felt it was about time I put pen to paper. Your magazine is an inspiration to us all and I wait eagerly every couple of months for the next issue. It is so nice to know that there are so many lovely positive people around that share their happiness, hard times and dreams. I myself am renting a house on a dairy farm with my husband Rohan, baby Dylan and Ricki our adorable crazy dog. I was wondering if anybody out there could help me, I would like to know of some **FAST GROWING TREES** as some shade would be nice in our backyard. Also are there any GR minded people living in the Coffs Harbour, Karangi area? I would love to hear from you, all letters will be answered.

Loretta Quinlan-Baskett,  
Watkins Rd, KARANGI 2450.

Dear Grass Roots,

I would like to thank all the lovely people who wrote to me or answered my query about Vacola bottling. I have replied to all except one lady who told me to use the time in making jam from the recipe book she sent, instead of taking time to write to her. Well, I have! I've made a peach and an apricot jam from your book. Thank you so much. In all, I received three books, numerous letters and a reply in GR itself! People are truly wonderful, aren't they?

I've also been lucky in that I was given some GR magazines recently. I now have no's 74, 75, 76, 77 and 104 to swap with anyone for no's 6-18 (I know no one will want to part with any of these but you never know), 20-27, 29-37, 39, 41-50, 52-54, 58-61, 63-70, 73, 80, 82, 85-88, 92-97. I seem to have lost a lot of them in our last move and can't live without my copies. I use them nearly every day for various reasons.



I'm also chasing a **GLASS BUTTER CHURN** without much success. I've been offered a wooden one but it was way too expensive for my limited funds.

Shelley Everingham,  
C/- Byfield Forestry, MS 142,  
BYFIELD 4703.

Dear Friends,

Especially those in and around Maryborough, I thought I'd write in and let you know there is now a **LETS GROUPS STARTED IN MARYBOROUGH**. For those who don't know what LETS is, it's a nonprofit system developed within the community for the exchange of services, skills, and goods between LETS members, using local currency rather than cash for the trade payments and to operate the system itself.

We now have the opportunity of building a whole new local economy in which everyone can prosper without the need for cash. Anyone interested could contact Robert, ph: 233-828, Linda ph: 235-876, or Marg ph: 014-450-715. Also if there is anyone who wants to write to like-minded people please feel free to write to us.

Cindy & Jamie,  
100 Hunter St, TORBANLEA 4662.

# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

To everyone who replied to me, Tina (GR 113), from Narre Warren. Thank you so much! I wrote in hoping for some Feedback from people who were in my situation or had the same dreams as I do. Here I was, totally disheartened, because I was 'stuck' in Narre Warren, no money, had signed up for the dole - when all I want is a tipi, some land and a few like-minded friends around.

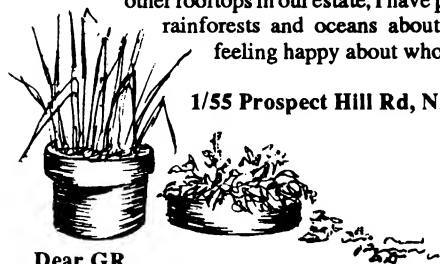
Well thanks to your beautiful letters I've realised, A: To appreciate the fact that I'm alive, healthy, with a man who loves me, and B: Dreams are actually goals - with determination and a clear mind, you can make anything happen.

Since my original letter I have done casual work as a shop assistant at a jewellery shop, been a labourer and done some graphic art work! I have purchased pots, soil and seeds and now have three tomato plants, beans, onions, potatoes, chives, carrots, spinach as well as sage, lemon balm and some other herbs.

As for the depressing view I have of the neighbour's roof, and all the other rooftops in our estate, I have put big colourful posters of rainforests and oceans about my unit. And I'm truly feeling happy about who I am and what I want.

Tina and Rick,

1/55 Prospect Hill Rd, NARRE WARREN 3805.



Dear GR,

About two and a half years ago I wrote to this magazine for someone to help us with our farm, we had lots of letters requesting us to give them a chance to come and stay, but they must be all dreamers for as soon as I replied to them in turn as I received their letters they had changed their minds. We are **LOOKING FOR A MATURE PERSON** to share in what we produce and to look after the farm when we are not there. We thought we were doing someone a favour by offering them a change to live a great lifestyle and a chance to be self-sufficient, but we were wrong in thinking there was someone out there ready to help themselves and us too.

D Shortman,

Ph: 065-541-405.

Dear Editor,

I'm writing to ask you if you will publish a **WARNING ABOUT A GIRL IN FIJI** who has advertised in your mag for a possible marriage partner. This Indian Fijian girl is not genuine, but is possibly in conspiracy with a man she says is her uncle from NZ and is in the business of luring unsuspecting males from Australia to defraud them of money. She writes seemingly genuine correspondence over a period of time then inconspicuously drops the information in that for her to apply for a visa in Fiji she is wasting her time unless she has a required sum in a bank account in her name in Fiji as the Australian Embassy needs to have assurance she can support herself here on the Tourist Visa she applies for. She says after she is in Australia she then will apply for the migration visa after becoming married. I am her victim. When I contacted the immigration department here in Sydney, they confirmed that this situation is so - they do require to 'sight' a minimum amount in her account. They answered that the amount is up to the Australian Embassy in Suva, Fiji. Because that requires an expensive long distance phone call I attempted to arrive at the figure using my own resources. I forwarded \$2300 in the form of a bank cheque in her name.

I went to Fiji under the misrepresentation from her that we were to be married. (This only after over two years of photos, phone calls and letters at an average of two or three or more per month, she sending me family photos and evidence of her employer and family members.) When I arrived her parents told me they decided along with her brothers that they didn't want me to marry with her. She was not

available for comment as she hid in another part of the house. When I asked about my money they said she (the girl) spent it on applying for the visa twice (refused first time) at \$500 each time. I knew this was a lie as I knew the cost is \$27 for a tourist visa from Fiji to Australia. When I asked 'what about the rest of the amount?', they said she spent it on a hospital bill for her sick father and spent some on herself. Whenever I attempted to protest this her so-called uncle who was younger than the parents (in his 40s) and western educated with good English, butted in and cut me out of the scene. I was unable to lodge a complaint with police because the court date would be months before it was available and I would not be able to attend as I do not live in that country. These things of course are well known to this family.

K Sutherland,

C/- PO Box 242, EUROA 3666.

*People responding to overseas contact ads are warned to be very cautious, especially when asked to part with money. We do what we can to vet ads we feel uneasy about, but ultimately have to rely on the integrity of advertisers and the good sense of people responding.*

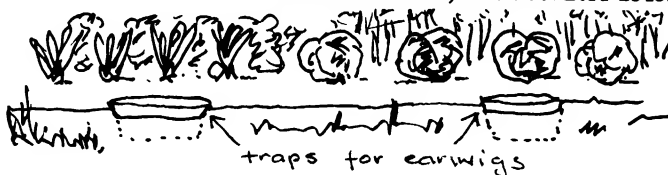
Dear Grass Roots,

I must write to tell you, your magazine always gives me endless pleasure, as I read and reread it cover to cover. I feel I am with a delightful family, a great boost to feelings of harmony and inner contentment. Thank you, everybody. Must tell you all about raising my little **BABY ROSELLA**. He was found on the ground with a very nasty gash across his throat, but feathered and making hissing noises, helpless and floppy. On enquiring around pet shops and other sources I carried out the feeding techniques and recipes, but Rosy did not eat. After two days in an open cardboard carton I realised the bird was doomed, but then I thought of my own recipe and thought I would pass it on. Mashed ripe banana and chewed up (by me) sunflower kernels, with plenty of saliva. I nursed Rosy on my lap on a towel and he took it off my index finger, taking a good bite every now and again of my finger. After three weeks of this, he grew big and strong and then I held him high off the ground and off Rosy flew. I fed him this mix every three hours through the day.

Also, I have eliminated all tea, coffee, caffeine and sugar from my diet. I would recommend this to everyone - my morning 'grumps' are cured. I love Feedback.

June Baker,

7 Wentworth Ave, NELSON BAY 2315.



Dear GR Readers,

Thank you for your recipes about **EARWIGS**. By now I hope I have replied to everyone. By far the most effective and natural method of control I have tried is linseed oil traps, suggested from several different sources (including GR). In the late afternoon (because earwigs are active at night) I put small containers of 1/2 linseed oil and 1/2 vegetable oil (1/2 - 1 cm deep) near any earwig trouble spots. Earwigs love linseed oil, get in, drown by the hundreds. Feed them to the chooks in the morning. Perhaps someone could let me know if linseed oil is okay for chooks. Within one week I had dramatically reduced earwig numbers, but I kept using the traps every two to three days until mid December when the earwig numbers naturally drop off (maybe the weather gets too warm). Earwigs breed every three weeks in spring and the mother looks after the babies in a nest till they can fend for themselves. I sprayed any nests I found with pyrethrum and eucalyptus oil (deterrent). Pyrethrum will kill earwigs only if you hit them with it. My vegie garden is looking great!

Rosemary Humphris,

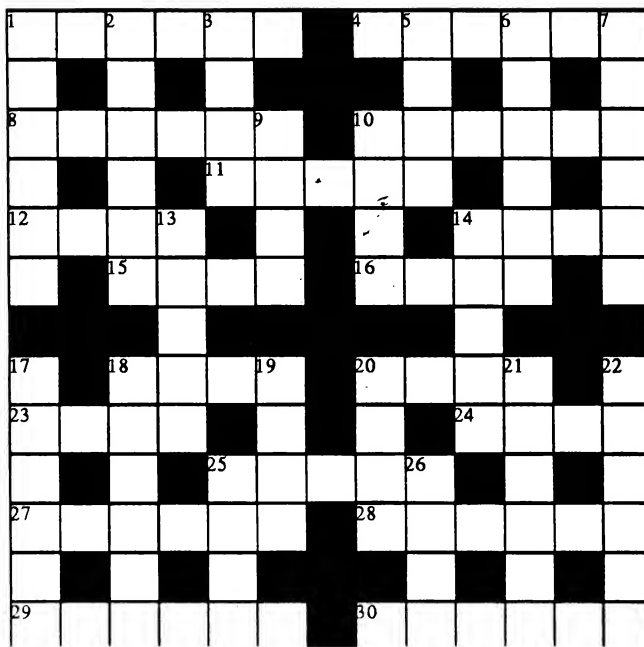
70 West Tce, WIRRABARA 5481.

# CRYPTIC GRASSWORD

by M Riley, Tanjil South, Vic.

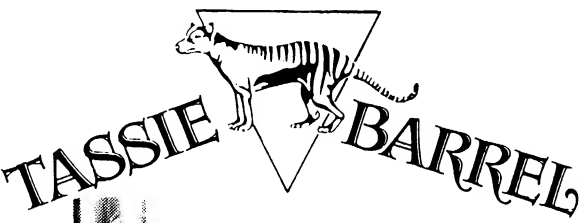
- Across
1. Sue not coming back from London station (6).
  4. Oppose aim (6).
  8. Stops over when Peter's out (6).
  10. Purchased tea behind the bough (6).
  11. Call around (5).
  12. Adds to a mount's figure problems (4).
  14. Join the union (4).
  15. Launch overseas trade for it (4).
  16. Suits the right size no doubt (4).
  18. Copies animals (4).
  20. Plunder in drag (4).
  23. Monstrous if giant like this (7).
  24. Beer can be found on TV (4).
  25. Fires rifles (5).
  27. Apparently one trades in things that are perfect (6).
  28. Allow opportunity to let (6).
  29. Composed when put to sleep (6).
  30. Circular found on staircase (6).

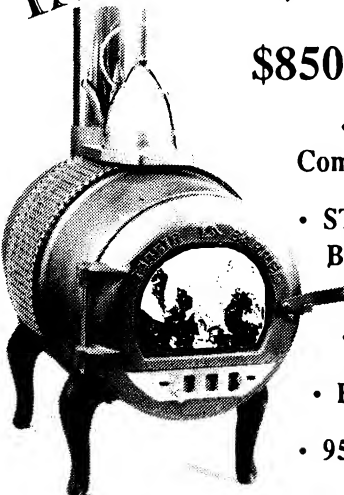
- Down
1. Gather around for a sceance (6).
  2. Muscle in on movement for a brief spell (6).
  3. Lyric does change poems(4).
  5. Trunk is over a foot (5).
  6. They leave ground after the game (6).
  7. Their tribal emblems poles apart (6).
  9. Buy and store (4).
  10. Yellow polish (4).
  13. Heaps inform for this (5).
  14. Strong beer (5).
  17. Presides over meeting for sitting members (6).
  18. Concurred it's a vice (6).



19. No grounds for tripping over these (4).
20. Walk in crease (4).
21. Move clumsily through the wood (6).
22. Leaper to revoke claim (6).
25. Lust for a slovenly woman (4).
26. Pans out of the picture (4).

*Solution on page 74*





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# WHILE THE BILLY BOILS

## Lazy Sunday Afternoon

by Susan Hands, Innisfail, Qld.

Okay, so I'll admit that a couple of these recipes are my regulars and I don't always make them on a lazy Sunday, sometimes on a lazy Monday or Tuesday. Lazy days have this habit of just suddenly being there, especially when you've spent all morning trying to get a cow back into the paddock only to have the water pump stop working just as you're about to start the very late Monday washing.

### MAGIC QUICHE

$\frac{3}{4}$  cup of wholemeal plain flour  
40 g margarine  
4 eggs  
2 cups milk  
 $\frac{1}{2}$  cup bran  
 $\frac{3}{4}$  cup grated tasty cheese  
1 tsp basil  
salt & pepper to your requirements  
1 diced or grated onion  
filling - whatever is available - chicken leftovers, asparagus - to a cup full  
Combine first 4 ingredients in food processor or just beat like heck. Mix together with the rest of the ingredients.

Cook in a slow to medium oven for approximately 1 hour (until you can see the custard is set)

This dish is served with fresh garden salads of lettuce, tomatoes and whatever else you have on hand. In north Queensland over the late summer months we have only long beans, but boiled, then tossed in a teaspoon of oil to which  $\frac{1}{2}$  a teaspoon of garlic has been added, this is perfect as a side dish.

Young pumpkin is another easily available side dish. Just grab a young pumpkin out of your garden - it must still look like a squash rather than a hard-skinned pumpkin - then cut it into centimetre slices. Place them on a greased oven tray topping them with a little crushed herbs and butter then pop them into the oven along with the quiche.

While the quiche is in the oven you assemble the Lazy Sunday pudding.

### GOOD WHOLESOME GOLDEN SYRUP PUDDING

2 tbsp butter  
2 tbsp golden syrup  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  tsp bicarbonate of soda  
1 cup SR flour  
Melt butter and golden syrup in a saucepan or microwave. Just boil milk, add soda then add butter and syrup mixture. Lastly add SR flour. Pour mixture

into a pudding basin, cover with lid. Place in a second larger pot to which water has been added. Steam for approximately 1 -  $1\frac{1}{2}$  hours, keeping the water in the second pot topped up. If no pudding dish is available use an empty jam tin over which you can tie grease-proof paper for a lid.

Here's a little tip - but only for the newlyweds, after all the rest of us already know the tip. Learn to cook a half-dozen easy dishes. Learn them until you can do them without a recipe. My mother had a recipe she called 'a big batch of little cakes' and any wet Sunday she would chant off the recipe to whichever one of us wanted to do some cooking.

### BIG BATCH OF LITTLE CAKES

125 g butter  
125 g sugar  
3 eggs  
1 cup milk  
 $1\frac{1}{2}$  cups SR flour  
whatever flavouring was around the house including substituting cordial for milk

Beat the butter and sugar until creamy, add the eggs one at a time, then the flour and milk alternately. This makes one large cake or a dozen cupcakes. Bake in a moderate oven until

cooked. To test if cooked use a clean straw from the straw broom. Usually  $\frac{1}{2}$  -  $\frac{3}{4}$  hour for large cake, 20 minutes for small.

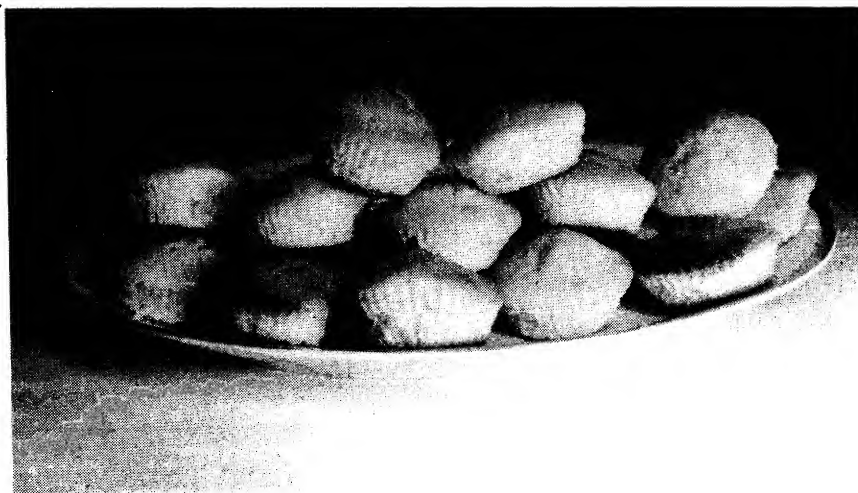
### COCONUT ICE

$\frac{1}{2}$  kg sifted icing sugar  
 $\frac{1}{4}$  kg desiccated coconut  
 $1\frac{1}{2}$  tsp vanilla essence - or be daring and drop in an equivalent of your own lemon grass essence  
2 egg whites  
125 g vegetable shortening  
Combine icing sugar, coconut, vanilla and lightly beaten egg whites in a basin. Melt shortening, pour over ingredients in basin, mix well. Press mixture onto greased tray. Chill until firm enough to cut into squares.

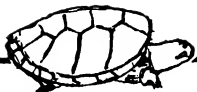
### GRANADILLA ICES

the insides of 2 large or 4 small granadillas  
juice of 1 lemon  
125g sugar  
1 litre of milk (or half milk and half cream)

Scoop out the inside of the granadillas, place into a saucepan with lemon juice and sugar, simmer for approximately 10 minutes. Strain through a colander to remove seeds, mix the syrup with the milk and freeze.







## A TORTOISE FOR A PET

The common long-necked tortoise (*Chelodina longicollis*) makes an excellent pet. Babies less than 10 centimetres long can be purchased from pet shops with a Commercial Wildlife Licence and can be kept indoors in an aquarium. The aquarium must be large to allow room for swimming, lying in the sun or resting in the shade. The tortoise must have clean water and a varied diet. In the wild it would normally eat small water snails, tadpoles and yabbies so if it is possible, collect these from a dam. Finely chopped raw liver, heart, lean meat or fish, chopped earthworms, slugs or snails and occasionally pieces of chopped lettuce or spinach can be fed 2-3 times a week. Never leave uneaten food lying in the water.

Tortoises larger than 10 centimetres need to be housed outside. The area must be fenced to a height of 25 centimetres and a depth of 5 centimetres, as tortoises can climb and burrow. You will need to provide a pond for swimming and feeding in, rocks to sunbake on, shade, and leaf litter as a place to hibernate during the winter. A roomy wooden box with a waterproof roof will provide a place to shelter in and sleep at night.

Tortoises live for 30-40 years so you will be rewarded for many years with the joy of having a pleasant, calm pet.

More reading: *New Faces* by Robin E Stewart, published by Agmedia. Ph: 008-800-755.

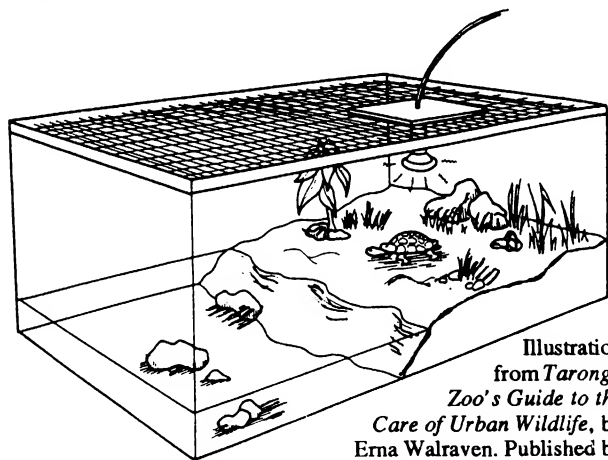
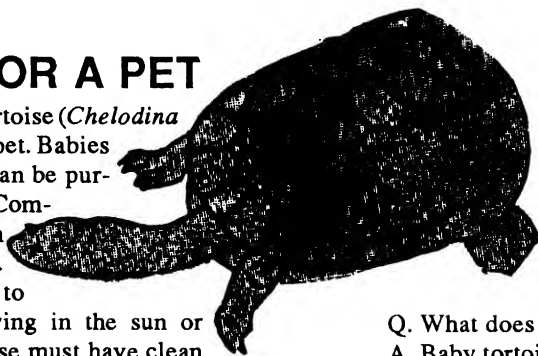
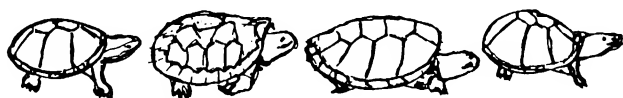


Illustration from *Taranga Zoo's Guide to the Care of Urban Wildlife*, by Erna Walraven. Published by Allen & Unwin.

## TORTOISE OR TURTLE?

What is the difference between a tortoise and a turtle? There is often confusion, especially as Americans tend to call land animals turtles. It is generally understood that chelonians that have claws and live on the land are tortoises, chelonians that live in the sea and have flippers are turtles.



## Q & A

Q. What's your new tortoise's name?  
A. Dunno. He won't tell me.

Q. What does a tortoise do when it rains?  
A. Gets wet.

Q. What does a tortoise have that no other animal has?  
A. Baby tortoises.



## WANDERING TORTOISES

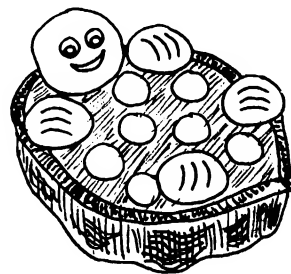
Tortoises are often in danger of being hit by cars on the road. If you can safely stop, pick the tortoise up off the road and look for a dam or creek to place it near. Hold the tortoise carefully as it can squirt smelly fluid if it is frightened. If a tortoise has been hit by a car it will need attention from a vet if it has large cracks on either the carapace (top shell) or plastron (underneath) or damage to the areas at the side where the shells join.

## TURNED TORTOISES

These salt dough and walnut shell tortoises are fun to make and can be given as gifts for friends. The quantity makes 15 tortoises.

### What you need

1 cup plain flour  
1/2 cup salt  
1/2 cup water  
15 walnut shell halves  
30 wobbly eyes  
coloured felt pens  
varnish  
glue



### What To Do

Mix the flour, salt and water thoroughly and knead until smooth and doughy.

To open the walnuts, warm in a slow oven (100°C). Slip a sharp knife into the fat end of the walnut and work it around the seam until it cracks in two. Remove the nut, and clean the shells.

Roll a ball of dough to fit inside the half shell and press in firmly. Roll out a small ball for the head and four smaller ones for the feet and press them on.

With a pin, mark on the claws and smile. Place tortoises in a slow oven (100°C or less) for four hours, until hard. Colour with felt pens, varnish twice to seal, including the walnut shell. Glue on eyes.

From: *Annie's Country Crafts* by Anne Mayne. Published by Kangaroo Press.

# KEEP YOUR 'B's UP AND YOUR STRESS DOWN

It's no coincidence that the deficiency signs of B vitamins are very similar to the symptoms of stress. There can be biochemical reasons for that 'pressure cooker' feeling. The B vitamin stress connection has been investigated by renowned naturopath, Russell Setright.

'Signs and symptoms of B vitamin deficiency can include: abdominal and/or chest pain, sleep disturbance, restlessness, personality change, insomnia, intermittent diarrhoea alternating with constipation, chronic debility or fatigue and headaches. Do these look familiar? Stressed people often have these symptoms on their list', reports Russell Setright.

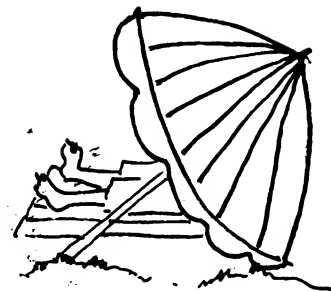
B vitamins are water soluble. This means they are not stored in the body. We have to include them in our diet, for example from yeast, whole grains and nuts. They are necessary to maintain healthy function of the nervous system. Stress depletes the body of B vitamins and this is part of the reason stress symptoms arise. There are many B vitamin/stress formulas on the market. A sustained release tablet is structured to en-

sure precious water soluble B vitamins are not washed through your body before you can use them. A sustained release tablet releases 25% of its contents in the first hour, with the remainder released over the following 4-8 hours. This ensures stress protection throughout your day.

It's important not only to replace the B vitamins but to incorporate the mineral compounds calcium and magnesium phosphate to calm tight muscles. Blackmores Executive B Stress Formula contains these minerals plus the traditional herbs, valerian, passionflower and skullcap to relax the nervous system without side effects of drowsiness. The recommended retail price for Blackmore Executive B Stress Formula is \$7.95 for a 28 day supply. Learn to control the effect stress has on your life by following these points.

- Sleep well. Don't eat a large meal at night, avoid tea and coffee after 3 pm.

Practise slow breathing. When you are under stress your breathing tends to become very shallow. You may even hold your breath. Practise slow breathing



during the day. This will relax your mind and body.

- Exercise. With increased fitness comes greater energy and better circulation. Walking is perfect.

- Learn to relax. You are worth at least 20 minutes of your busy time. Yoga, meditation, a hot bath or soft music can get you into a relaxing habit.

- Supplement with B vitamins, they are essential for the healthy functioning of the nervous system.

- Challenge yourself with realistic goals. If your goals are realistic you have a greater chance of achieving them and resisting the effects of stress.

For further information please contact Liza Nagy-Horty, PR Manager. Ph: 02-949-3177.

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# HOMEMADE BULGUR

by Nevin Sweeney, St Clair, NSW.

Wheat has been one of our major primary exports for years and is still produced in vast quantities by Australian farmers today. It is very good for us nutritionally, providing an excellent balance of protein, carbohydrates, fibre, vitamins and minerals. It is ridiculously cheap for what it is, with a 50 kilo bag of wheat grain, or berries as they are sometimes called, costing less than \$20 (although organic or biodynamic wheat will cost more). Most of us consume our daily ration as bread, either homemade or shop bought, but there is another food that is easily home produced from wheat berries – bulgur, also called burghul.

Originally produced in the Middle East, and much used in Middle Eastern cuisine, bulgur is a way of making wheat berries easier to digest and more palatable. There is also the convenience factor as bulgur is much quicker to cook than unprocessed wheat and in its final form is more insect resistant than normal wheat flour.

There are a number of steps to making bulgur and the product of each step is edible in its own right, able to be used without further processing in many interesting ways. Depending on the books you read, directions for making bulgur will vary from those given below but I have found these methods to work for us.

## METHOD

### Steaming

The raw wheat berries are steamed to make them soft, this is done by placing one cup of wheat, one cup of water and one teaspoon of salt in a small pot. The small pot is then placed, uncovered, on a rack or other support in a larger pot which contains some water. The lid is then put on the larger pot and the whole contents put on high heat for about 15 minutes, after which the heat is reduced to 'simmer' and left until the wheat has absorbed all the water. This may take up to an hour or more. The product is soft, chewy wheat berries and at this stage they make an excellent alternative to rice in most recipes. It can also be used as a breakfast cereal with the addition of milk, sugar, fruit, yoghurt or whatever. It is highly nutritious and breakfast cereals don't come much cheaper than



this. At this stage the 'prebulgur' will keep for a couple of weeks in a covered container in the refrigerator so it is possible to cook up a week's breakfasts in one go if you want to.

If you don't like the amount of energy used in the above method another way of doing it is to put the wheat, water and salt into a pot and boil it up for five minutes. Then pour the contents into a vacuum flask, preferably one with a wide mouth, cap it and leave it overnight. The result is the same as the above method but the wheat is cooked in its own stored heat and it can be eaten, still warm, the next morning. Make sure that there is plenty of room for expansion in the flask because one cup of raw wheat makes three cups of cooked 'prebulgur'.

### Parching

The steamed wheat berries are parched. This can be done under the griller, in the oven or in a frypan on the top of the stove. However you choose to do it, the steamed wheat berries are laid out in a single layer and then the heat applied. They will 'pop' in a similar manner to popcorn, but without the increase in size, so you need to keep an eye on them to prevent any escaping. The grains will also need to be stirred every so often to ensure that they parch evenly. When the berries have turned a medium to dark brown they are ready.

At this stage it is worth chewing a

few of the parched berries to taste their flavour, it is very similar to puffed wheat (funny about that) and quite palatable. The parched berries actually make a very cheap, palatable and nutritious breakfast cereal when milk and sugar are added. They can also be eaten as they are or, with the addition of a small amount of sweetener such as honey, as a TV snack. The parched berries will keep for a number of months, but should be stored in a sealed container or they will lose their crunch and go a bit soggy.

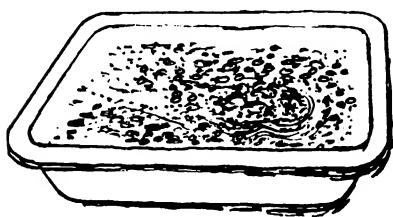
### Grinding

The parched berries are coarsely ground. This may be done by setting your wheat grinder on 'coarse' and running the berries through, they should come out the other end looking like little lumps rather than flour. If you don't have a wheat grinder the same effect can be achieved by putting the grains into the blender and running it on high speed for a few seconds. If you don't have a grinder or a blender take heart, the bulgur can be made by running the grains through a hand meat mincer which will do the job nicely.

The bulgur is now finished and will store for months if kept dry, it seems to be particularly resistant to insect attack. In its final form the bulgur can be used in soups, as an ingredients of stuffings for meat or vegetables, in the form of a

pilaf instead of rice or as base for the tasty Lebanese salad – tabbouleh. When used for tabbouleh, as well as some other recipes, the bulgur needs to be cooked first, this is done by adding four cups of boiling water to each cup of bulgur and letting it stand for about two hours. The bulgur is then strained and squeezed with the hands to remove excess water and combined with cooked chickpeas, parsley, mint, spring onions, tomatoes, lemon juice, olive oil, salt and pepper to make the tabbouleh.

Many vegetarian or Middle Eastern cookbooks have tasty and interesting recipes to show you how best to use your new produce so why not have a bash at home bulgur making, it's easy, nutritious, cheap and best of all... fun!



## RECIPES

### Tabbouleh

$\frac{3}{4}$  cup cooked cannellini beans or chick peas

$1\frac{1}{4}$  cups bulgur

4 cups boiling water

$1\frac{1}{2}$  cups fresh parsley, chopped

$\frac{3}{4}$  cup fresh mint, chopped (substitute with more parsley if mint is not available)

$\frac{3}{4}$  cup spring onions, diced

$\frac{1}{2}$  cup lemon juice (or more to taste)

$\frac{1}{4}$  cup olive oil

1-2 tsp salt

freshly ground pepper to taste

Prepare the bulgur by pouring the boiling water over it and letting it stand for two hours until light and fluffy. Then shake in a strainer to remove excess water and squeeze with the hands to finish off. Combine all ingredients including bulgur in a bowl and chill for at least one hour.

Serve on raw grape, lettuce or cabbage leaves.

Serves 6.

Source: *Diet For a Small Planet*, by Frances Moore Lappe.

### Bulgur and Bean Salad

$\frac{3}{4}$  cup cooked dry beans, eg red kidney or cannellini beans

$1\frac{1}{4}$  cups dry bulgur

2 tbsp oil

$2\frac{1}{2}$  cups stock or water

salad vegetables such as: shredded lettuce, shredded spinach, sliced carrots, sliced radishes, diced celery, fresh peas etc.

Saute the bulgur in the oil, stirring until all the grains are coated and the bulgur is golden. Add the stock, which has been heated to boiling, cover tightly and cook until all the liquid has been absorbed and the grains are tender. Refrigerate while you prepare the vegetables for the salad. When the bulgur is cold stir in the cooked beans and toss with the salad vegetables.

Serves 6:

Source: *Diet For a Small Planet*, by Frances Moore Lappe.

### Herbed Soy Bean Bulgur Casserole

$\frac{1}{2}$  cup dry soy beans, cooked

$1\frac{1}{2}$  cups raw bulgur, cooked

1 cup chopped celery

$\frac{3}{4}$  cup tomato paste

$1\frac{1}{2}$  cups stock or water

1 egg

$\frac{1}{2}$  cup chopped green capsicum

2 tbsp powdered milk

2 tbsp brewers yeast

$1\frac{1}{2}$  tsp salt

1 cup chopped fresh parsley

1 tsp sage

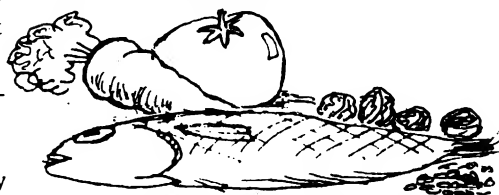
$\frac{1}{2}$  tsp oregano

1 tbsp soy sauce

Place in a blender  $\frac{1}{2}$  cup of the cooked soy beans,  $\frac{1}{2}$  cup of the chopped celery, the tomato paste, stock and egg, and blend until smooth. Turn the mixture into a large bowl. Stir in the remaining soy beans, the bulgur, the remaining celery and all of the other ingredients. Combine everything together. Turn the mixture into an oiled casserole and bake at  $180^{\circ}\text{C}$  for 45 minutes, until the top is crusty. May be topped with grated cheese for the last few minutes of baking.

Serves 8

Source: *Recipes for a Small Planet*, by Ellen Buchman Ewald



### Baked Fish with Walnut-Bulgur Stuffing

1 cup bulgur

water to cover

1 medium sized onion, chopped

2 medium sized green capsicums, chopped

1 cup walnuts, chopped

2 tbsp olive oil

2 tbsp safflower

1 fresh tomato, cut carefully into  $\frac{1}{2}$  inch pieces

salt & pepper to taste

1 tsp oregano

1 kg whole fish

sliced lemons and chopped parsley for garnish

Preheat oven to  $180^{\circ}\text{C}$ . Put bulgur to soak in water to cover for 5 minutes or so. Drain and reserve water for soup (so as not to waste B vitamins). Saute onion, capsicums and walnuts in oils for a few minutes. Add drained bulgur, tomato and seasonings, stirring to combine. Stuff fish, cover with foil and bake in preheated oven for 20 to 30 minutes, until fish is tender, serve topped with lemon slices and parsley.

Serves 4 to 6

Source: *Eating Better for Less*, edited by Ray Wolf (Rodale)

### Mushroom Bulgur Casserole

$1\frac{1}{2}$  cups cream of mushroom soup

$1\frac{1}{2}$  cups bulgur

3 tbsp butter

3 cups mushrooms, sliced

1 medium onion, chopped

1 clove garlic, minced

1 cup sour cream

3 tbsp dry sherry

$\frac{1}{2}$  cup sunflower seeds

$\frac{1}{2}$  cup cashews

salt & pepper to taste

sesame seeds

wheat germ

Bring soup to the boil and add bulgur; mix and set aside. In a Dutch oven melt butter and gently saute mushrooms, onion and garlic until limp. Add sour cream and sherry; cook for three minutes. To bulgur mixture add sunflower seeds, cashews, salt and pepper and mix well. Stir into mushroom/sour cream mixture. Garnish with sesame seeds and wheat germ. Bake in a moderate oven for 20 minutes.

Serves 4

Source: *Woodstove Cookery*, by Jane Cooper (Garden Way).

## CABBAGE RELIEF FOR NEW MOTHERS

Research carried out at hospitals in Israel has shown that a new mother who places leaves of cabbage inside her bra will be relieved of breast engorgement. The explanation lies in the fact that sulphur compounds contained in green cabbage pass through the skin and constrict vessels, thus slowing milk flow.

# ACQUIRED BRAIN INJURY – Part 2

## Recovery Period

by Susan Hands, Innisfail, Qld.

**Last time I wrote about the direct aftermath of the accident which has caused the brain injury: What to expect in hospital, types of brain injury, organising the family, and tasks which need to be done on behalf of the patient. Once the initial trauma has been coped with there are still many struggles ahead on the road to recovery.**

As soon as the patient can breathe on his own or, as in our case, he starts to come out of the coma, he is moved from ICU to a special recovery room where he still has one-to-one nursing care but not the same all-round facilities. Now it pays to be able to roster the family members and other significant carers because now the patient is very demanding and in need of familiar faces.

### WAKING UP PERIOD

#### Very Demanding

A young man of 21 is very strong. If he reaches for his tubes, and he will probably have three or four, then it takes two hands to hold back one of his. And he will try to pull out his tubes; it is a normal reaction to pull out something that is annoying you. If you cannot hold his hands and he pulls out his feeding tube for example then the tube has to be re-inserted which is painful.

If no family member can be there then the hospital staff will tie his hands to the bed, still it is better for him than having his tubes continually, painfully, re-inserted.

If he has a tracheotomy in place then he will be even more demanding for he cannot talk. If he can talk then he may swear, talk incoherently etc. Remember, brain injury means injury to the department that sends out messages to the rest of the body so these messages get mixed up, come out wrong.

#### In Need Of Familiar Faces

In the initial recovery stage the patient will be disorientated. You will have to tell him over and over again where he is, what day it is, how long he's been in hospital, what happened to him.

A number of doctors and allied health professionals will ascertain the extent of the brain injury, as best they can for you'll quickly discover that brain injury is unlike any other type of medical problem. For some of these tests to be completed it helps if the patient has someone with whom he can directly relate – a loving, familiar face.

It is important to remember that at all times you, as the carer, should react as calmly as possible. If you feel the need for a good cry, go outside away from the patient and cry. If you cry in front of him it will only cause agitation on the part of the patient, who, generally speaking has no idea of what has happened, no recall at all of the accident.

### RECOVERY PERIOD

Brain injury is a subject most people avoid until it happens to them or to a loved one. The following are some general facts.

- In the first six months after a coma the injured person will make a lot of progress. Then the rate of her/his recovery will slow down but will continue for several years.
- All progress is long-term based, isolated incidents should be ignored.
- Aggressive, offensive behaviour or the opposite, slow, uncaring behaviour are passing phases, they do not necessarily mean a permanent change in behaviour.
- Physical disabilities do not indicate mental deficiency.
- Unfortunately, when brain injury occurs some of the brain cells do die. If you think of the commands sent by the brain as being a chain, then after a severe head injury there will always be a couple of weak links. Or, as the psychologist put it, think of him as a razor sharp knife that has had the edge slightly blunted. It's hard, I know, but it is there in front of you and in the end you have to see the facts.

#### In Hospital

During this recovery stage in hospital the patient will see doctors, speech therapists, physiotherapists, occupational therapists, psychologist, all helping him to recover physically and medically. He will, I'm sad to say, see less and less of his 'mates', although it will be months before he notices their absence. This is not the fault of the 'mates'; after all they were friends because they did similar

21-year-old things. Now that your loved one will be unable to participate his mates will lose all point of conversation and contact. Also, people with acquired brain injury should not consume alcohol. Have you ever noticed how many 21-year-olds' activities are built around drinking?

Hospitals do not like to keep patients once they are recovered physically. If your loved one is medically fit but unable to fulfil the functions of living then there are other facilities where he will be sent for recovery and rehabilitation. Alas, in Queensland there is only a centre in Brisbane.

If he is capable of general living functions (bathing, eating, dressing, communicating), he will be allowed to go home – but not to his flat alone. He will have to go home to a full-time carer.

#### At Home

Now that your loved one is back home you feel that your life which has definitely been on hold can restart. This alas is not true. Now another sort of fright sets in: What are we going to do? Where are we going to go from here? What does he need to get better? Where can I find the facilities?

We live in an area that has a catchment population of 20 thousand, therefore, while we have a hospital with more than one doctor and various allied health professionals, we do not have any specific facilities for helping to rehabilitate a young person with head injuries. As a matter of fact there are very few facilities for this kind of problem outside the metropolitan hospitals, and how many people can lift their lives lock stock and barrel and move into a city?

#### Accessing Other Services In Your Area

We had to fight. We knew he had to have speech, occupational and physical therapists, but where to find them and how to get them to co-ordinate with each other and with us were matters of deep concern. We could see each of the above privately but at what cost? As he was driving the car he does not get any



# Making Money \$\$ From Home \$\$

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compensation. When one member of the family has to be full-time carer/driver to and from therapists at least once a day and you live well out of town, there is no extra income for private therapists. We had no choice, it would have to be the public health system.

We did a lot of chasing and arguing and in the end a wonderful, though very reluctant, doctor agreed to take him as an outpatient into the aged care unit. They had all the co-ordinated facilities, the only place short of Cairns 100 kilometres away. The major hurdle was that he was so young. The others' ages started at fifty and went up. He was aiming at vastly improving, the others were aiming at purely comfortable living. The facilities were for the aged, not for a young person. But, they were the only co-ordinated facilities available. The staff were great with our son and the elderly patients, being mostly ladies, definitely thought he was lovely.

### Ongoing Care

Even with the health professionals looking after his specific needs the majority of the work is thrown onto the shoulders of his family and other loved ones. The physiotherapist gives him exercises to do - and they must be done. The occupational therapist gives him homework, cooking a meal etc. The speech therapist asks you to play games, word games like Trivial Pursuit. He usually wants to watch television.

Not only is this boy back home living with his parents, but he is again being told what to do by said parents. It all leads to a lot of aggravation.

Living in the country does have its advantages as far as relief from agitation is concerned. You can go swimming, which is great for stress relief and for physical health. You can go bushwalking, nothing heady and dangerous just steady and safe. You can go fishing. Possum spotting at night, with a warm flask of tea and hot roast beef sandwiches wrapped in foil. Okay, so it's pretty tame for a boy who was once 'out with the mates' on Friday and Saturday nights, but it's better than sitting at home night after night with soap operas on TV.

Actually, one part of you says, 'This is lovely I have my wonderful son back as a permanent part of the family.' The other parts says, 'No, he should be out and about with his peer group making his own way in the world.' But he isn't and it hurts.

Once the patient has reached a recovery level where he no longer needs the services of general therapists, returning to the work force seems to be uppermost on his mind, after all work is seen by many people as a key value of our society. They need to work to be fully themselves.

Once we started on the road to 'returning to the work force' we quickly discovered there were far more help facilities than in the post-hospital stage. The Commonwealth Rehabilitation Service has an office, be it ever so small, in most areas nowadays and they are more than willing to take on the role of organising returning to the work force. They will also organise tests for re-obtaining a driver's licence.

First off the CRS will run a number of tests to ascertain the readiness of the injured person to re-enter the work force. Then if he/she is considered able, the CRS will approach the former employers. If the CRS considers the injured person unable to perform his previous work they will look elsewhere on the injured person's behalf, or they will offer various retraining schemes. On first returning to the previous workplace the injured person will more than likely be working reduced hours, and may even be working under CRS supervision for the first couple of days.

While the CRS is very helpful this does not mean that the family has no more input. In fact the family is still very much needed as more often than not now is the time when the person with acquired brain injuries discovers that he cannot perform at his former level. Lack of motivation is obvious in a number of patients, especially those with front lobe injuries.

One major hurdle is that of the patient never seeing exactly what has happened, whereas it is more than obvious to his nearest and dearest. This inability to see the problem leaves his carers with hands tied in many situations.

The only way to survive, to use an old apt saying, is to take one day at a time and always, always keep some of your day to talk and relax.

In all the states of Australia an organisation called Headway operates to offer advice and help for those with acquired brain damage. It also supplies help for family members and other significant carers. The address of Headway Queensland is:

Fortune House,  
2/45 Black St, Milton 4064.  
Ph: 07-467-1049.

# CANDLEWICKING

by Judith Magor, Riverside, Tas.

Like a number of other crafts candlewicking is enjoying a revival of interest. Tradition has it that pioneer women on their trek across America took the materials available to them – coarse cotton fabric used for their wagon canopies, and the heavy, soft cord used for the wicks of candles – and created the new craft of candlewicking. Originally the stitch used was a running stitch which took up a few threads of fabric and then moved on one centimetre or so before taking up the next few threads. The sewing thread between each stitch was left loose and when the work was completed the thread was cut. These cut ends became tufts. The fabric was then shrunk to hold the tufts in position. Machine-made bedcovers and dressing gowns made using this technique were popular in the 1950s and 60s.

Today's craft of candlewicking is based on the French knot or colonial knot with other embroidery stitches such as satin stitch and stem stitch to add interest and detail to the design.

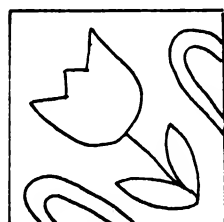
Candlewicking is cheap, easy to master and quick to work, making it ideal for gift giving. Traditionally, candlewicking was worked with cream threads on cream fabric and this can be most effective. However there is no reason why you can't experiment. Delicate pinks or blues could be used to highlight parts of a traditional design or for baby gifts. Try white thread on red or green fabric for Christmas designs.

## MATERIALS AND EQUIPMENT

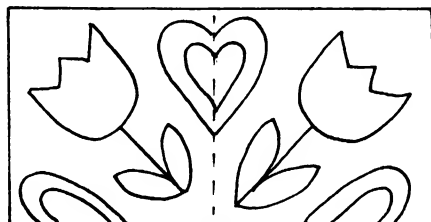
### Fabrics

Calico is ideal and inexpensive. Fabrics should not have too open a weave or the decorative knots will pull through to the back of the work. Tightly woven fabrics like denim make it difficult to pull the thick thread through.

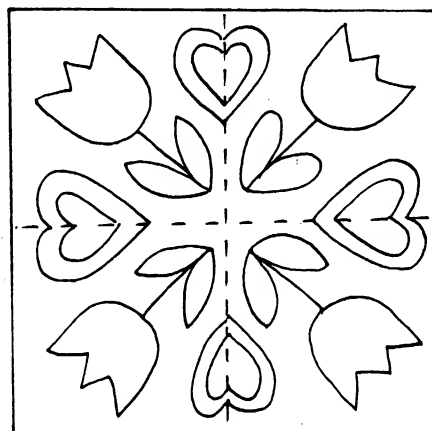
### Developing a Design



fold



fold



### Thread

There are threads of different thicknesses sold specifically for candlewicking. Remember that thick threads will produce large knots and fine threads small knots so choose appropriately for your project. Knitting cotton can be used.

### Other Requirements

You will also need a crewel sewing needle, and an embroidery hoop to keep the fabric taut while you work on it. A fading or washable pen made for drawing designs on fabric is ideal for tracing your patterns, but faint marks made with a pencil will do.

### MAKING A START

Trace or draw your design on to a piece

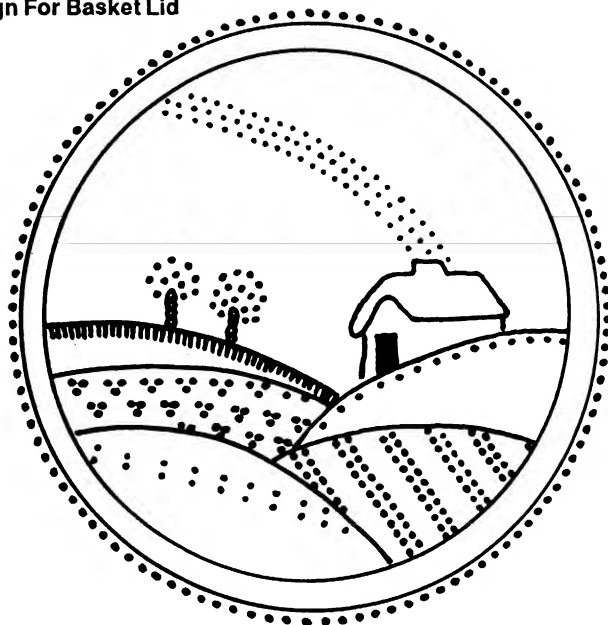
of greaseproof paper using a black felt pen. Pin the fabric on top of the design. Hold both layers against a window with the fabric on top. The design will show through the fabric. Mark the design lightly with a fading or washable pen or a lead pencil. (A glass topped coffee table in a darkened room with a light source beneath the table is less tiring to use than the window.)

Remove the paper and work the design. If you are not familiar with the basic embroidery stitches ask a friend (or your grandmother!) to teach you. The most commonly used stitches are included here for those working alone.

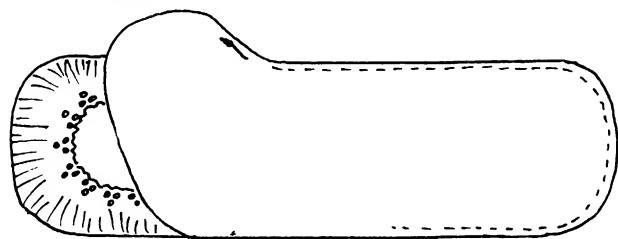
### FINDING DESIGNS

Books of candlewicking designs are

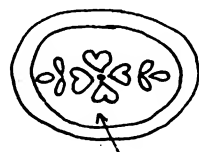
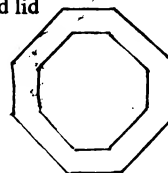
## Design For Basket Lid



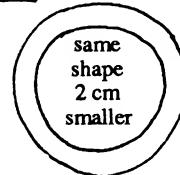
## Liner For Long Bread Basket



draw around lid  
of basket



draw  
design  
within smaller  
shape



blanket stitch

chain stitch

satin stitch

stem stitch

French knot or colonial knot

available in craft shops. Your local library may also have some. Designing your own patterns is not hard. Choose simple, bold shapes. For symmetrical designs fold a square of greaseproof paper into quarters. Draw your design in one quarter taking it to the edges of the folded sides. Trace the design onto each of the other segments.

For inspiration look at designs drawn for patchwork, folk art, quilting, stained glass, embroidery or cake decorating.

Small items will be easier to work if the shape is drawn on to a large piece of fabric but not cut out until the embroidery is completed.

## SOME PROJECTS

### Bread Basket Liner

**You will need:** bread basket, fabric, frilled eyelet lace about 3 cm wide.

Draw around the base of the basket on to a piece of greaseproof paper. Draw the design within this area. Trace the design on to the fabric and embroider. Wash the fabric to shrink it and remove pen marks. Cut fabric to the shape of the basket base allowing one centimetre extra for seams. Cut a second piece of fabric from preshrunk material for the lining. Lay the embroidered strip on the table right side up. Tack the lace around the edge with the lace facing inwards and right side down. Pin the lining fabric on top. Sew around the edge leaving a gap of 10 centimetres on one straight side. Turn the fabric through this opening and handstitch the

gap closed. Press. A self-fabric frill or contrasting frill could be used instead of lace.

### Basket Lid

**You will need:** Basket with lid, fabric, threads, lace, cardboard, sewing thread, wadding, craft glue.

Draw around the lid of the basket. Draw the same shape within the first one, but approximately two centimetres smaller.

Draw your design within this smaller shape. Embroider and wash. Cut the fabric to the larger size. Cut a piece of cardboard to the smaller size. Pad the top of card with a layer of wadding. Using a double thread of cotton sew a gathering thread around the fabric one centimetre from the edge. Lay fabric, embroidered side down, on the table. Place cardboard, wadding do on top. Pull the gathered thread firmly until the fabric pulls up over the edge of the card. Tie thread. Glue lace around the edge of this piece and then glue it to the lid of the basket.

### Christmas Decorations

Make as for baby toys using shapes like bells, stars and Christmas trees. Add a loop of ribbon or cord for hanging.

### Baby Toys

**You will need:** fabric, thread, stuffing. Draw a simple shape twice on to fabric: teddy bear, duck, rabbit, doll. Embroider. If you want to work front and back of an irregular shape remember to reverse the second piece. Put wrong sides

together. Sew around the edge leaving a gap for turning. Snip seam allowance into corners. Turn inside out, stuff, and stitch the opening closed.

### Coat Hanger

**You will need:** fabric, thread, wadding, lace, plastic tubing or ribbon to cover the hook, coathanger.

Trace around the coathanger. Draw the shape twice on to fabric allowing a generous amount for seams and stuffing. Embroider. Put right sides together and stitch, leaving the bottom open. Turn inside out. Wrap hanger with wadding and tie in place with cotton. Fit cover over the hanger. Sew the bottom closed, enclosing lace if desired. Cut a length of tubing and work it down over the hook or cover the hook with ribbon.

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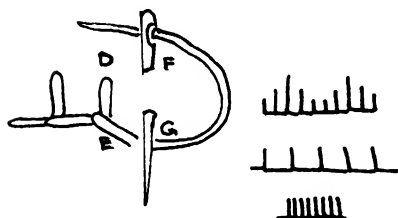
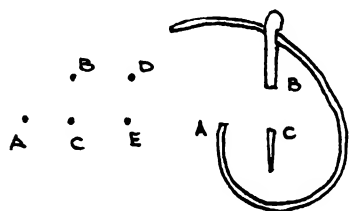


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## STITCHES FOR CANDLEWICKING

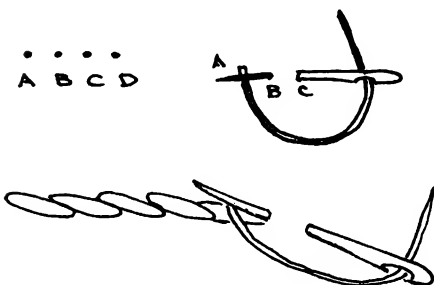
### Blanket Stitch

Bring the needle out at A. Insert needle at B to the right of A and 5mm above. Bring the point of the needle out below B at C parallel to A keeping the thread under the point of the needle. Pull through. Repeat, working from left to right.



### Stem Stitch

Bring the thread out at A. Insert the needle at C to the right of A and bring it out halfway between A and C at B, keeping thread below the work. Pull through. Insert the needle at D and bring it out just to the right of C.



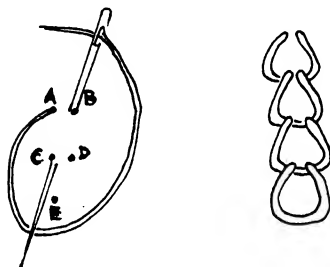
### Satin Stitch

Bring the thread through the fabric at A and back down at B. Bring it up again at C close to A and down again at D, close to B, so that the threads are lying parallel and just touching. Continue until the shape is filled, adjusting the length of each stitch as needed to fit the shape.



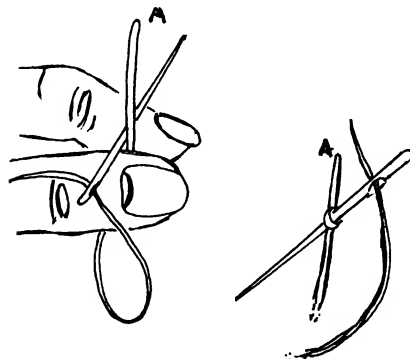
### Chain Stitch

Bring thread out at A. Put the needle in the fabric at B and out at C holding the thread in a loop below the needle. Pull through to form loop. Insert needle at D, inside the loop and next to the emerging thread at C. Bring it out at E. Repeat, forming a series of loops.

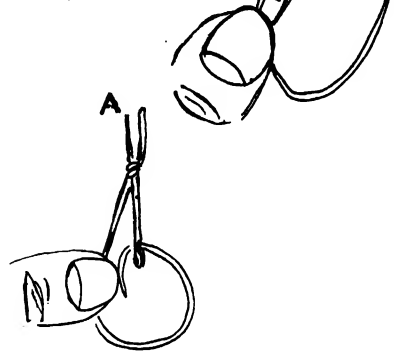


### Colonial Knot

Bring the thread out at A. Hold the thread firmly between thumb and first finger of the left hand about 4 cm below A. With the needle pointing up insert it under this thread from left to right. Twist the needle from left to right over the thread in an anticlockwise direction until the needle is pointing towards your body. (The thread will form a complete loop around the needle.) Continue to twist the needle in an anticlockwise direction under the thread held by the left hand. Twist the needle up and over the thread held by the left hand. Twist the needle up and over the held thread and back in a clockwise direction until the needle is pointing parallel to the thread coming from A - two loops now around the needle. Still holding the thread firmly in the left hand put the point of the needle into the fabric right next to the emerging thread. Allow the two loops to slide to the surface of the fabric as you pull the needle through to the back of the work and release the thread held by the left hand. This stitch is a little awkward at first, but is quick to work once mastered.



Twist needle tip over thread.



### Additional Reading

*Tonia Todman's Candlewicking Book*, Milner Craft Series, 1993.


*The Complete Book of Candlewicking Embroidery*, Sue Millard, London: New Holland 1989.

*Candlewicking Designs*, Alma Schwabe, Ruffy, Vic, Ruffy Publ, 1990.

*Traditional Candlewicking*, Sandie Meldrum, Kenthurst, NSW, Kangaroo Press, 1993.

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# BUSH POETRY

## Old Australian Skill Revived

by Gail Hill, Rosedale, Qld.

Thanks to the assistance of *Grass Roots* magazine, the skill and tradition of writing Australian bush verse is now being revived. At the turn of the twentieth century our country boasted a unique group of contemporary bush poets, our more famous being Banjo Paterson and Henry Lawson. Australians took their classic traditional rhyming poetry to heart. These average Australians with a rich colourful tapestry of words retained, for that generation and all the Australians who followed up until the present day, our folklore, tales of an Australian way of life which is our heritage.

Many traditions have been discarded, deemed 'old hat' in our race with technology and imported cultural pursuits as we head for the twenty-first century. Australian bush verse was tucked away in a 'brown paper bag'. Left between the pages of diaries and exercise books, the skill of aspiring poets, the yarns and folklore lay dormant. A decade ago a handful of loyal bush poets started printing poetry stored in their 'brown paper bags', and more recently gathered once a year in the tiny town of Tamworth NSW. They stood up before a large audience who were gathered for a country music festival.

Armed with the conviction that all Australians, given the opportunity, still enjoy our traditional bush verse, they held an audience of hundreds spellbound. The crowd soon swelled to thousands as the bush poets performed the works of Paterson and Lawson. Then it happened – one of our poets started performing Australian bush verse as it is today. An average Australian, 'a back to grassroots blockie farmer', known as The Bush Larrikin, Bob Millar, from a small Queensland town performed for that audience his new poem *The True Australian*. Twelve thousand Australians stood, cheered and wept in an unprecedented standing ovation which left no doubt that the writing of Australian bush verse, a tradition, part of our cultural heritage, is as loved and respected today as it was a century ago.

The Arts Divisions of NSW and

Queensland, and in particular the Queensland Arts Council, conscious of the importance of retaining skills unique to Australia, obtained the services of a bush poet, a young man who had just spent a decade working as a police sergeant in remote Queensland towns. This young man went to work in our school system, visiting every bush town one could imagine. Bush verse was on the road and going back to our young generation. Hundreds of people living in isolation, folk who had left cities to live on the land, farming folk who had lived for generations in those country towns came forward and produced their 'brown paper bags' and wanted to share their own bush verse, poetry which had been lovingly hoarded for years.

The bush poets of Australia, represented by Gone Bush Poets/Songwriters, sent a letter to *Grass Roots* magazine telling people we were interested in hearing from more people who wrote bush verse. The response was overwhelming. To handle the volume of poetry submitted the outcome was a small no-frills magazine being established, which is now circulating around an ever increasing number of people who like to write and read bush verse. We have encouraged people to share what they write with other like-minded people. This is leading to the formation of bush poets groups and some of the largest public displays of bush poetry performances ever seen in Australia.

Australian bush verse covers many traditional country areas. It is poetry about people and events which are relevant to people today living in the country and the city. Bush verse as it is written today does not really differ from the poems of Paterson and Lawson; they also wrote of current events and people. It is and will always be Australian bush verse written by average Australians for the enjoyment of all Australians. Now there is a new addition to unique Australian dictionary definitions. Along with bush craft, bush cure, bush mile, in the future we will find bush verse: tradi-

tional rhyming verse, uniquely Australian, exploring the ingenuity of language and lifestyle of the Australian character. We know one thing for sure, just as with a bush mile, bush verse has been vastly underestimated.

The skill/craft/tradition of writing bush verse requires small outlay: a pencil, rubber and large writing pad, and most importantly a few hours stolen from the chores in a quiet peaceful place to jot down your own thoughts and stories to be passed on to the next generation. Judging by the increasing number of people writing, many are finding this an enjoyable inexpensive pastime and are pleasing their families with the results.

People who are interested in reviving the tradition of writing bush verse and who have been keeping their poems in a 'brown paper bag' are welcome to write: Gone Bush Poets/Songwriters Aust, Gail Hill, Fingerfield Rd, ROSEDALE 4674.

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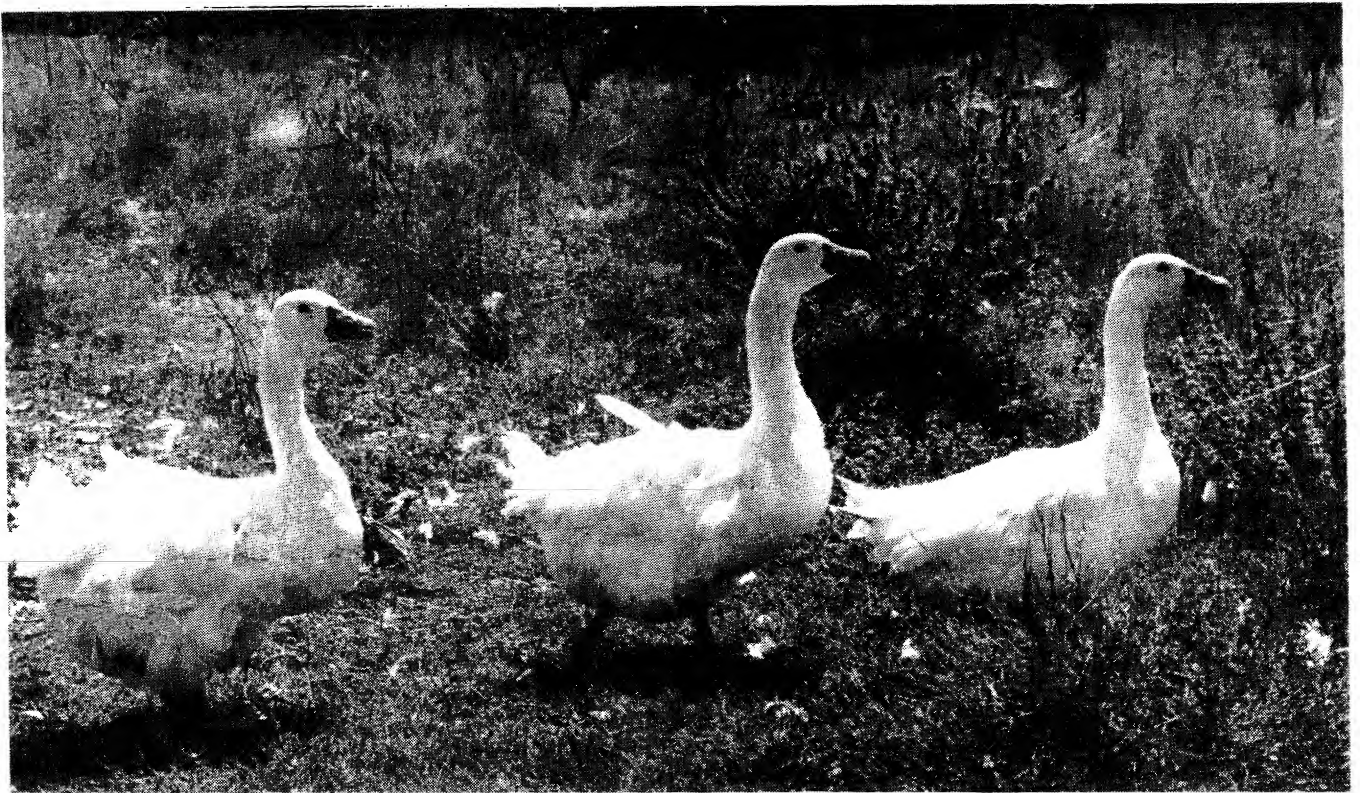
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# GEESE IN THE ORCHARD

by Deb Cantrill, Nirvana Farm, Heathfield, S.A.



Geese are proud and stately birds, and it is believed that they are the most intelligent of domestic fowl. They have been domesticated in more parts of the world and for a longer period (about 3000 years) than other fowl.

Being mainly herbivorous, they are ideal for grazing (3 geese = 1 sheep), especially in areas where there is a risk of damage to larger plants. They can also be taught to eat selective weeds, and are used for weeding of some crops such as onions and mint.

Their main diet is clovers and finer grasses. In general, they do not like broadleaf weeds – all attempts to get them to eat capeweed (*Arctotheca calendula*) and Salvation Jane/Paterson's Curse (*Echium plantagineum*) have failed. However, they do search out and destroy any comfrey leaf or root. Other goodies they seek out are potatoes, and, at certain times of the year, nutgrass and soursob bulbs; these they dig up and eat with vigour. Fruit windfalls are popular also, and as various crops ripen around the orchard, certain groups of geese stake their claim to different trees and noisily assert their 'rights' over all windfalls.

Stocking rates vary according to seasonal conditions. By autumn and through winter I run twenty geese on a 4.5 hectare area. In spring, the numbers increase to about 80 (which follows the spring flush of pasture). As hillsides dry off in summer, a few birds are sold and the valley stays green all year providing good green feed. The property sustains the rest of the flock until about Easter and the chestnut harvest, when excess birds are sold off or processed. This leaves fewer birds to fence away from the crop and a lower stocking rate for winter months when pasture growth slows. Over winter, the birds receive a small supplement of grain which is sprinkled around the orchard trees. This encourages the geese to forage closely around the trees, so controlling the weeds.

There is very little information on the composition of goose manure, my results so far are based on only three testings. The average is nitrogen 2.5%, phosphorus 0.4%, potassium 3.7%, sodium 0.2%. The pH range tested over the seasons was in the range pH 7 - 8 (tested in water).

Geese are relatively easy to herd and train. If orchards are fenced, they can be moved around various areas and kept out of different parts of the orchard before and during harvest. Electric fences are effective – we mainly use them to keep geese out rather than in.

Geese have a high resistance to disease and parasites and are very hardy. Their housing needs are simple and the main reason for housing is protection from predators, foxes and dogs. We never leave our geese out on the dam overnight because they usually succumb to dog or fox attack early in the morning. Without the daily supervision they also become difficult to handle and do not graze well in the orchard.

The extra advantage of housing is manure collection (a valuable compost ingredient). The house should provide shelter from the wind, good ventilation and plenty of room for each bird. Geese can be very noisy (especially at full moon), so careful consideration must be given to the position of the pen.

Geese are excellent parents. The gander protects the goose while she is sitting, helps care for the young, and it is

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chemical treatment.*

**Yes! we also buy seed**

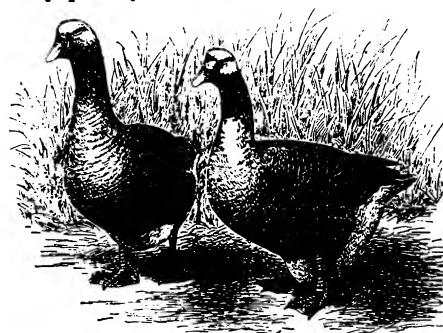
not unusual for the gander to raise the  
goslings if the female is killed.

Goslings are delicate for the first few  
days, after which, if being reared by  
their parents, there are few problems  
except maybe lost goslings. This can  
happen as they are out in the orchard  
and into the creek after day two.

Geese remain productive longer than  
other fowl. Females may be kept as  
breeders for 8-10 years and some have  
been productive as long as 20 years.  
Ganders must be replaced sooner – best  
between 2-5 years. Geese can also breed  
at 12 months of age. They usually lay  
once a year between mid-August and  
late September, and some lay a second  
clutch around January. Most goslings  
are born September-October which co-  
incides with the spring flush. They grow  
rapidly, having an excellent ability to  
convert feed to flesh.

In an orchard, geese can provide very  
good grazing – the better the pasture  
quality, the more even the grazing. The  
manure adds to the orchard, and manure  
from the pen is used to make excellent  
compost. The birds can also be sold off  
live or dressed as an extra sideline.

Warning: young orchards and geese  
do not mix, especially in spring, when  
the bark is slippery – they find this  
extremely tasty and will ringbark trees  
very quickly.



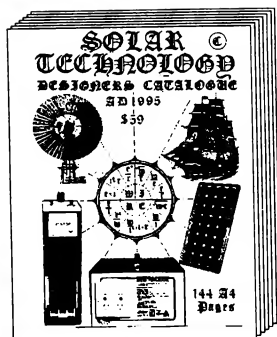
New Zealand currently exports \$30m  
worth of fresh flowers each year and  
that figure is expected to reach \$100m  
by the year 2000. Commerical floricult-  
urists spray pesticides of various sorts  
on their flower crop every 7-10 days all  
year round. Growers must continually  
develop new spray routines to stay ahead  
of the problems they help create – which  
means keeping in close touch with their  
chemical supplier. After 20 years of  
conventional commerical flower grow-  
ing, Tony Robinson of Levin said  
'enough', and changed to organics. He  
was concerned for the safety of his fam-  
ily, his staff, his neighbours – and his  
soil. Now he plans to achieve biody-  
namic transitional status within three  
years.

Tony says that organic flowers have  
a stronger colour and longer shelflife  
which will eventually lead to a better  
price in the market. He also believes  
organically grown flowers will gain an  
edge through the increasing numbers of  
'green-minded' buyers internationally.  
Already he exports some of his crop to  
Japan, and hopefully intends sending  
50 percent within two years.

Within the biodynamic framework  
he uses companion plants such as mar-  
igolds, chives, garlic and comfrey; or-  
ganic composting with pig and chicken  
manure, natural sprays and specialised  
machinery such as an LPG flameweed-  
er. Dummy crops to encourage certain  
predators have given him an essential  
edge over pest insects, and now he is  
experimenting with mustards for  
'smother cropping'.

Reprinted from *Soil & Health*, October/  
November 1994.

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# ELECTRIC FENCING

by Tony Zammit, Villeneuve, Qld.

To receive the full benefit from electric fencing there are a few basic rules that must be understood. There are two types of fencing units readily available:

- The mains current unit which operates on 240 volt mains power.
- The battery operated unit both with 6 & 12 volts which can be powered by wet or dry cell batteries.

## PRINCIPLES

Both types operate on the following principles:

- The high tension wire from the energiser carries several thousand volts of current with very little amperage which reduces the chance of lethal shock.
- Both units, to work properly, *must* be correctly earthed, this being the major cause of malfunctions in most systems. To be earthed properly a metal rod about one metre in length must be driven into damp ground and the earth wire from the energiser connected by means of clamps to it.

If the ground is dry where you are installing your unit, a few buckets of water will be needed to dampen the ground first. It is a good idea then to paint the connections with galvanised paint to prevent rusting.

- Electricity is a very lazy force and will find the easiest means of returning to earth, so it is vital that all supports of the fence be well insulated.

There must be no way that the current can go to ground other than through the animal it touches. The next important thing is to make sure that no weeds

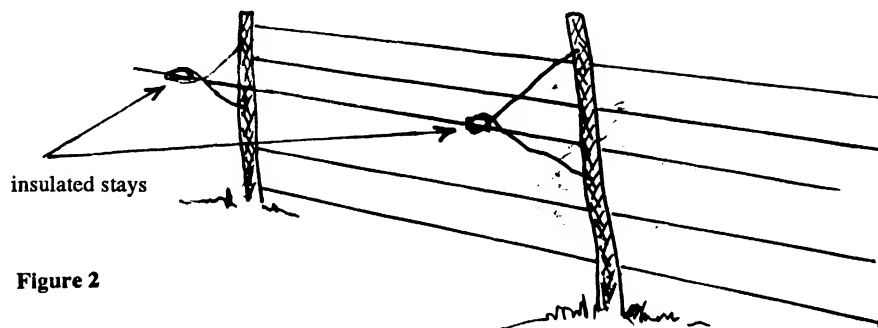


Figure 2

or grass be allowed to contact the fence as this will cause the current to go to ground and render the fence useless.

A good method of solving this is to spray along the fence line with a herbicide to make sure that no weeds come into contact with the fence. This procedure should be repeated every six months or as needed. Alternatively, use a brush cutter along the fence lines.

- If your fence is located near a public roadway, to comply with the law, signs must be placed every 100 metres along the fence with 'Caution Electric Fence' in bold letters.

As mentioned before the fences are in two categories, the only difference being the energiser is powered by 240 volt mains current and the other is powered by 12 volts or 6 volts.

## CONNECTION

Both energiser units have a positive (+) (usually red) wire and an earth wire (-) (black) attached. Figure one shows the method of connecting the energiser to

the fence. In figure one the top strand of fence is live. If this is not desirable, insulated stays can be fitted to the fence posts thus keeping animals off the fence completely (see figure 2).

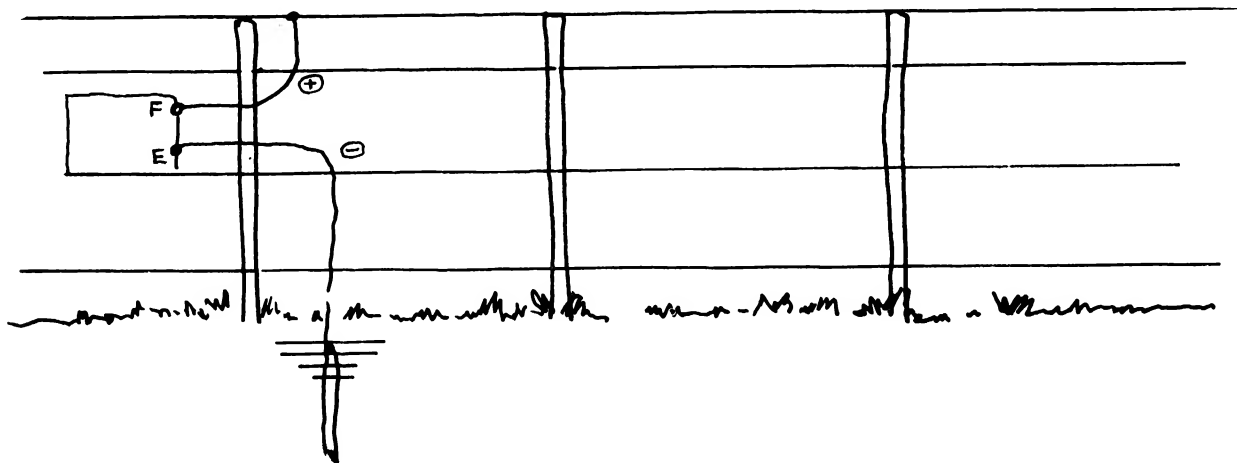
## APPLICATIONS AND MATERIALS

The stays can be positioned at the height of the animals that are fenced in. If you require fencing to keep dogs in (or out) much lower stays will be required.

Electric fences are very popular when strip grazing because you can keep all your livestock in one area without the needs for expensive permanent fencing.

The most common type of wire used, and once again there are two types, are the 2.5 mm medium HT galvanised wire and the metal reinforced nylon UV treated tape or ribbon as it is sometimes called. The latter is the most popular with horse owners because horses have difficulty seeing the plain wire. The ribbon is coloured white and is very visible. You can also use 3.00mm (8 g) fencing wire, but this does get a bit hard

Figure 1



It is recommended that the wire not be any smaller in diameter than two millimetres because resistance builds up in the wire and reduces the effectiveness of the fence.

**There are electric fence testers available on the market and these are a must when trying to find short circuits in the line.**

The best type to get is the one that lights up and indicates the amount of voltage flowing through the wire. If no lights are present between two points the short is located between them. Besides it sure beats using the back of your hand when testing the fence, believe me!

**The leaves of the sandpaper fig (*Ficus coronata*) can be used to give a finishing smoothness to woodwork.**

An average of 160 Australians die each year in house fires and thousands more are injured in over 10,000 domestic fires annually. Many of the deaths are from smoke inhalation rather than from the actual flames. Smoke is a silent, odourless killer which usually induces deep sleep.

Many Australians have an 'it can't happen to me' attitude, until a tragedy affects a friend or neighbour. Approved smoke alarms are cheap and ideally all Australian homes should be fitted with mains-operated smoke alarm systems with battery backup, but a properly monitored single battery operated smoke alarm is just as effective. Legislation now requires smoke alarms to be installed in all new residential properties or where Council approval is needed for extensions or renovations in Victoria, NSW, the ACT, South Australia and Tasmania. Since legislation has required the compulsory installation of smoke alarms many lives have been saved. If battery alarms are installed, it is essential to test them regularly and to replace

batteries at least once a year on a selected anniversary date. A smoke alarm should be installed on every level of a house or town house and families should rehearse an escape plan which enables them to get out of a property by more than one exit.

It only takes a matter of minutes to install a smoke alarm. Batteries should never be removed for use in other devices such as electronic games, calculators, radios or other equipment. In one fatal Melbourne house fire, one smoke alarm was inactive and the battery had been removed from another.

Most people think they have plenty of time to escape from a burning house. They fail to realise a substantial house can be engulfed in flames in less than four minutes. Smoke alarms usually provide enough time to get out of a burning house and once out, you should stay out and not return for possessions or pets. Smoke alarms also provide the opportunity to call the fire brigade earlier and to enable fire fighters to contain a blaze.

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# TROUBLESHOOTING YOUR CHAINSAW ENGINE

by Greg Baker, Braidwood, NSW.

Chainsaw and other small two-stroke engines sometimes malfunction out on the farm and away from expert help. This article explains how to troubleshoot and do minor chainsaw repairs in the farm workshop.

If your chainsaw engine will not start or does not run properly, there are steps you can follow to track down the cause of the problem. As with all mechanical problems, once you know the source, you can decide what to do to fix it. Some problems are easily fixed yourself in the farm workshop. Others are a job for a chainsaw repair shop. Which course of action to follow depends on you and how competent you feel you are.

A chainsaw engine can malfunction in a number of ways:

- It may run apparently satisfactorily but lack cutting power.
- It may run roughly.
- It may not start.

If your chainsaw appears to lack cutting power first check that the chain is sharp and the depth gauges are set correctly. If the chain is in order and the problem remains, follow the troubleshooting sequence below.

Regardless of whether the saw engine starts and runs poorly or does not start, the problem may be anywhere in the powerhead.

For example, it is not reasonable to assume that all is well in the fuel system if the saw engine runs. The saw will run poorly if it is partially starved of fuel by a clogged fuel filter or there is a fuel line leak.

The upshot of this is that you need to check all systems whether or not the saw starts, just to make sure that all is in order. These checks can be quick and easy but this depends on how well your saw has been maintained.

## TROUBLESHOOTING SEQUENCE

To troubleshoot, check in turn the fuel, air, exhaust, ignition and carburettor systems. As you proceed take note of things that are not as they should be.

The reasons for this are that it can show:

- past neglect in maintenance.
- future maintenance priorities.
- where the problem is.

If you find several things wrong, it pays to make one change at a time. At each change check the result. This procedure will give you a pretty fair idea of what caused the problem when you finally have a well running engine.



The ability to carry out minor chainsaw repairs on-farm can save money and enhance self-sufficiency.

Once you have located the problem and the saw runs satisfactorily, there is no need to continue working through the troubleshooting sequence. Nonetheless it may pay you to do so as part of your maintenance.

## Fuel

Check:

- Tank has fuel.
- Fuel is the correct petrol:oil mixture.

An incorrect petrol:oil mixture will make the saw difficult to start and cause it to run at reduced power. If you have any doubt that the fuel mixture is correct, change it.

- Fuel is clean and free of water.

Replace the fuel if you are unsure whether it is clean and free of water. To replace the fuel upend the saw and pour the suspect fuel into a wide-mouthed bowl. Shake the saw as you do this to dislodge any dirt from within the tank.

Next, quarter fill the tank with fuel of the correct mixture, recap the fuel reservoir and shake. Then pour this out too. Transfer the used fuel from the bowl to a well sealed container for possible later use as a cleaner. Finally, top the tank up with fuel of the correct mixture.

- Fuel filter is clear of dirt.

A fuel filter clogged with dirt or water will make the saw difficult or impossible to start. If it does start, the saw may run at reduced power.

Visually check the fuel filter inside the fuel tank. If the filter appears to be clogged, clean out the tank as outlined above. If shaking fuel around in the tank has not cleaned the fuel filter, scrub it with an old clean toothbrush. This should do the job but if it does not, replace the fuel filter with a new one.

- Fuel line is free of holes.

Fuel flow depends crucially on the state of the fuel line from the fuel tank to the carburettor. A kinked or damaged fuel line starves the engine of fuel and makes it hard to start or run at low power. Visually check the state of this line and if it is

kinked, straighten it out. If it has holes or appears perished or worn, replace it.

## Air

Check:

- Carburettor throat is clean.

A dirty carburettor throat may indicate holes in the air cleaner. Check the soundness of the air cleaner, remembering that some air cleaners do allow minute dust particles to pass to the cyl-



inder and that dirt in the carburettor throat can be perfectly normal. Nonetheless, you should clean the carburettor throat with a soft cloth, taking care not to dislodge dust further into the inlet.

- Air cleaner is sound, is not clogged and is properly secured.

An old air cleaner may develop holes. These will admit unfiltered sawdust and dirt to the carburettor throat and to the engine cylinder. Though this won't be the cause of the engine not starting, it will eventually destroy the engine and should be corrected by replacing the air cleaner.

If the air cleaner is sound, clean it. Fabric elements should be washed in warm soapy water then rinsed and dried. Other elements can be washed in two-stroke fuel and dried.

Make sure that the air cleaner is firmly but not too tightly attached. If it is loose, unfiltered air can enter the engine; if it is too tight it may distort or crack, again allowing dirty air to enter the carburettor throat.

## Exhaust

### Check:

- Spark arrester is clean.

If the holes in the spark arrester are clogged with carbon, remove it and give it a good clean. Then re-attach it to the muffler.

- Exhaust port is clear.

A clogged exhaust system will mean the engine runs rough and can only manage a low power output. If the exhaust outlet is not clear, clean the port.

## Ignition

### Check:

- Ignition leads are free from worn patches exposing wires.

A visual check of these is usually satisfactory. It is important that the leads do not have bared patches which could touch the engine body and short out the ignition. Replace bared leads or wrap them with electrical insulating tape.

- Ignition on-off switch operates satisfactorily.

The on-off switch is harder to check but a little ingenuity with a multimeter (set on OHMS range) or car battery and a 12 volt test light should suffice to show up a faulty switch.

If you have no test light or multimeter, disconnect the wire from the switch and insulate its bared end from the en-

gine body. If the saw would not start before and now starts, the problem was in the switch. Turn off the saw by closing the choke.

Replace the switch if it is defective.

- Spark plug.

Check that the spark plug is the correct one specified in your owner's manual, or a recommended equivalent.

- Spark.

To test that the spark plug is producing a satisfactory spark, first remove and examine the plug.

Note the colour of the deposits in the spark plug, whether or not it has raw fuel on it and whether you can smell fuel at the spark plug port.

Now examine the plug insulator and electrodes. The insulator should be clean

spark plug was at fault. Poor or intermittent sparks with this new plug indicates a more serious problem in the ignition system. Possibilities are:

- incorrect timing perhaps associated with the flywheel key being sheared,
- electronic ignition malfunction.

These problems are best traced and corrected by a chainsaw workshop.

## Carburettor

### Check:

- Choke and throttle valves work properly.

Choke and throttle valves which do not operate properly mean the engine will not receive the correct fuel:air mixture and will be difficult to start and run.

To check the linkages, first remove the engine cover and air cleaner. Ob-

serve the choke valve and where possible the throttle valve. Make a visual check of the linkages and their operation to ensure the choke and throttle valves open and close properly.

- Carburettor air leaks.

Check that the gasket between the carburettor and the engine is sound and that the carburettor is securely attached to the engine.

- Fuel:air mixture. Flooding.

The carburettor may be flooding the engine with too high a fuel:air mixture if the saw will not start and the spark plug check showed excess fuel around the electrodes, or the saw starts but runs without power.

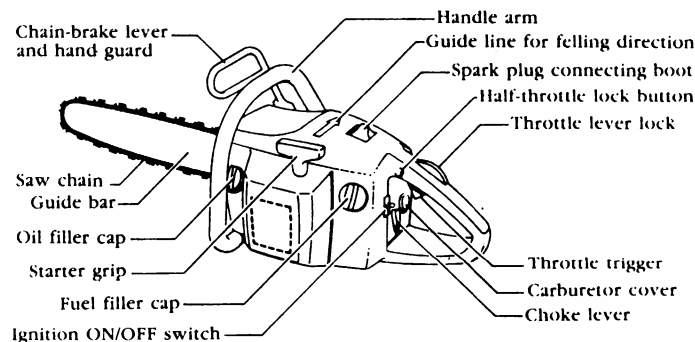
To test for flooding when the engine will not start, carefully screw carburettor high and low speed jet needles in to their stops. Do not screw them down tight! Pull the engine through a few times to force fuel from the cylinder then screw the carburettor needles each out one full turn (or to the basic pre-tuning setting in your owner's manual).

If now the engine fires and dies, engine flooding is the problem and the carburettor needs overhaul in a chainsaw workshop.

If the engine will not fire at all there are probably mechanical problems with the engine that will require chainsaw workshop assistance.

To test for flooding when the engine starts but runs without power, recall the colour of the deposits around the spark

Parts Of A Chainsaw



of oil and dirt and free of cracks and chips; the electrodes should not be bent or corroded.

If the plug is basically sound, clean it and check the gap between the electrodes. This gap is given in your owner's manual but 0.5 millimetres (.020") is usual.

Do not replace the plug in its port but connect the plug to the lead from the ignition. Securely wedge the plug body into a convenient point on the engine so that it is electrically grounded. It is particularly important for saws with electronic ignition systems that this grounding be a good and secure one.

Place the saw on the ground and hold it as though you were starting it. Pull firmly on the rope starter and watch for sparks at the spark plug gap.

If there are good regular sparks, replace the plug in the engine and re-attach the lead from the ignition.

If there are no sparks or they are weak and irregular, buy a new plug and do the spark check with the new plug. Good sparks indicate that the original

plug electrodes. Electrodes black with carbon confirms flooding.

If the checks above on choke, air cleaner and exhaust have been done, the carburettor should be retuned. If tuning does not cure the problem, the problem is probably an internal mechanical one and needs expert workshop assistance.

- Fuel: air mixture. Insufficient fuel.

The carburettor may be providing too lean a fuel:air mixture if the saw will not start and there was no fuel on the spark plug electrode or smell of fuel around the spark plug port, or the saw starts but idles fast and hesitates on acceleration.

To test for insufficient fuel when the engine will not start, prime the engine with a small quantity of fuel and attempt to start. Priming can be through the spark plug port or carburettor throat.

If the engine fires and stops the problem was insufficient fuel. You have already checked the fuel line for problems so the trouble will lie in the carburettor.

Check first that the carburettor high and low speed jets are far enough out. To do this carefully screw them home without screwing them too tight and note how far you need to turn them. If less than about three-quarters of a turn, fuel starvation was probably the problem. Now back the needle valves off each one turn (or as far as your owner's manual specifies).

Try again to start the saw.

If it starts and runs satisfactorily, the problem was in the carburettor jet settings.

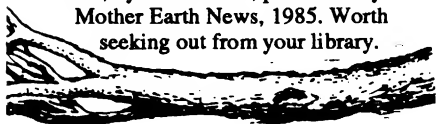
If the engine will not fire when primed, the problem is probably an internal mechanical one.

- To test for insufficient fuel when the engine starts but idles fast and hesitates on acceleration, recall the colour of the deposits around the spark plug electrodes. Electrodes which have white deposits confirm too lean a fuel:air mixture and the need for engine tuning.

Once the engine is running well again, tune it properly and you are ready to resume cutting.

For more help with chainsaw care see Greg's article on how to sharpen a chainsaw (GR 96), and one on tuning a chainsaw engine (GR 98). Photo kindly loaned by the Melbourne Steiner School.

Illustration from *Barnacle Parp's Chainsaw Guide*, by Walter Hall, published by Mother Earth News, 1985. Worth seeking out from your library.



# MEMORIES OF DANDELION WINE

by J James, Pearce, ACT.

Today, as I was sitting on my front verandah, indulging in the satisfying pastime of watching the world go by, my eyes flowed over acres of rolling hills covered in a yellow sea of dandelions. The lush green and waving yellow was, I thought, a very pretty sight. My mind wandered as it is wont to do on such occasions and I remembered that Jackie French says they are 'goodies' on the farm, and I had no reason to believe otherwise. Then a snatch of song came to me and I found myself humming an old melody . . . *old dogs and children and watermelon wine*.

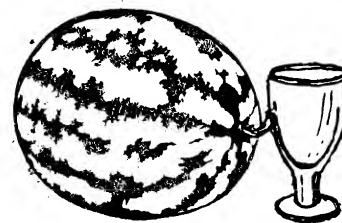
Before you think that the sun had baked my brain, let me explain. Ten years ago, halfway around the world, on just such an afternoon, I sat with a Negro couple. Their land was in the beautiful state of Virginia on the edge of the old Mannassas Battlefield, scene of one of the bloody clashes of the American Civil War. The fields bore no visible scars of their past and were seemingly at peace under a sea of dandelions. Looking out over his land he said in a voice tinged with desire, 'Ah, dandelion wine, you must try some of our dandelion wine. We'll open a bottle'.

We were then taken down a level to a huge room with a massive fireplace. The floor was paved in stone and large double glass sliding doors opened out onto flagging stones, then grass and a big old tree. 'You know why the doors are so big?' he asked. 'Well, it's so I can get the tractor inside.'

'Tractor?', we politely enquired.

'Well see that fireplace?', he responded. 'It gets cold in this neck of the woods, so I chop a tree into three pieces and bring it right inside. The tractor just fits and I can roll the log straight into the fire, and it burns for weeks. Many an evening I've spent in front of this fire drinking dandelion wine.' His eyes glazed over with memories of the past. It spurred him on. 'Adria,' he called. 'Bring the glasses.'

Although it was only ten in the morning, out came a huge bottle and four glasses and we were treated to a very



potent brew. It didn't quite burn on the way down, but it was strong like a liqueur, though obviously meant to be drunk in large quantities. After a few sips I looked around for a pot plant. There was none, so when no one was looking I exchanged glasses with my husband who looked surprised when he found his glass full. He soon began to look relaxed and happy.

We were shown cannon balls which our host had found in the fields and had set into the stonework of his house, and gun shot that he still dug out of his vegetable garden.

'You know our mother used to whip us,' he said, 'for drinking out of skulls that we found down by the river' . . . 'They were good cups,' he complained.

The morning was mellow and when we left we had a bottle of the precious amber brew tucked safely under an arm. At first we had been going to bring it back to Australia, but finally it was decided that our friends should enjoy it. Months later a recipe card arrived. It contained a single recipe for dandelion wine which I've copied exactly and included below. I've never tried it. In fact I'd forgotten about it until today.

Maybe I'll pick dandelions this afternoon. Or maybe not. Time has little relevance these days, even without dandelion wine.

## DANDELION WINE

5 litres of water to 2½ litres of bloom  
1½ kg sugar  
juice of 3 lemons and 4 oranges

Heat water to boiling point, drop in bloom. Bring to the boil. Remove from heat. Cool. When cool, strain. Add the sugar and both lots of juice. Store in a crock. Skim every day until wine stops fermenting. Store in bottles, jugs or whatever!

# ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

## NUTCRACKER

When you have hard-shelled nuts such as macadamias, cracking a large quantity can become, literally, a painful experience! John Warwick can provide the solution with his range of nutcrackers. The hand operated macadamia nut husker and cracker can crack one kilogram of nuts in three minutes. Alternatively, this can be upgraded with the addition of a hopper and an electric motor to handle a continuous flow of nuts.

John also designs and manufactures larger nut machinery along with fruit handling and horticultural machinery.

For information and prices, contact: John's Engineering, PO Box 285, PALMWOODS 4555. Ph/fax: 074-450-844.

## SALT TOLERANT GRASS

Puccinellia is a salt tolerant perennial grass which can be grown in areas with 300 mm or more annual rainfall. It can thrive in winter and spring flooding conditions and prosper in water for periods exceeding three months. Maintaining a cover of puccinellia in summer can act as a management tool to limit evaporation, assist with keeping a lower water table and reducing the amount of salt being brought to the surface. The main grazing period is autumn, through winter into spring, and it is highly palatable for sheep and cattle.

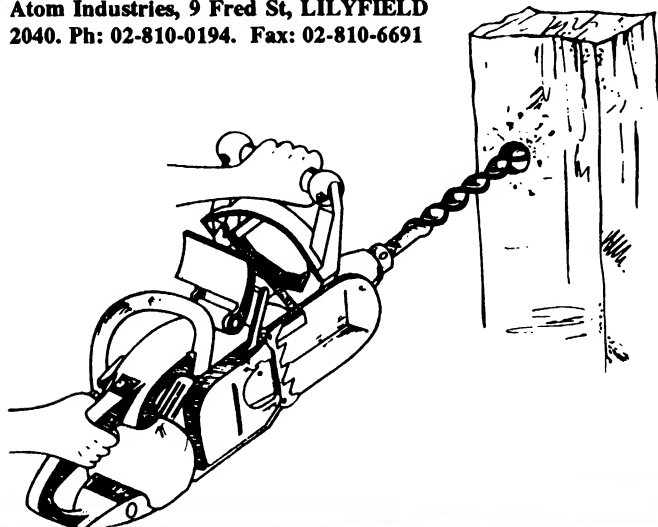
Seed can be obtained from: Duck Island Partners, PO Box 335, KEITH 5267. Ph: 087-574-067. Fax: 087-574-072.

## CHAINSAW DRILL

A product that has been on the market for a while, but is worthy of another mention is the Atom multi-use auger-stop drill attachment. It enables a chainsaw to be converted into a drill that is claimed to be faster, easier, stronger, lighter, and of lower price than comparable drills, and particularly useful for building, fence post drilling, bridge construction and repairs.

The auger does not turn at idling speed but automatically engages as the operator starts drilling. To engage reverse gear, the unit is pulled and as the auger becomes free it automatically changes back to forward gear. If sudden jamming occurs when drilling, the auger stop switches the gear box into neutral gear, similar to the chainsaw brake system.

Atom Industries, 9 Fred St, LILYFIELD 2040. Ph: 02-810-0194. Fax: 02-810-6691



## SOLAR POWERED LANTERN

The Magic Lantern is a solar powered rechargeable portable lantern. It requires 4-5 peak hours of sun to provide up to three hours operation at night. The battery is a sealed 12 volt, 7 Ah lead acid type which stores power generated by the separate photovoltaic module. The fluorescent tube emits a very bright, flicker-free light. Magic lanterns are available from the Australian distributor or contact them for location details of other dealers.

Neste Advanced Power Systems, PO Box 531, MT OMMANEY 4074. Ph: 07-871-1377. Fax: 07-871-1171.



## ELECTRIC FENCE FITTINGS

Electric fencing can be quickly and effectively erected using the Lockset range of fittings. Insulated outriggers can be attached to star posts through hinge joint, ring lock or netting fences. Due to their strength, fewer outriggers are required thus reducing costs. They are durable enough for fencing in undulating areas and can be used to add new life to old existing fences. Double outriggers reduce the cost considerably when electrifying both sides of the fence. The insulators are made from a specially formulated heavy duty, long life, UV stabilized compound, essential to eliminate earth leakage.

Available from rural distributors or ph: 1800-630-245.

## WINTER WINDOWS

Heat loss through windows can be remedied through the use of double glazing, pelmets and heavy curtains. But where cost is a consideration or if living in a rented house, a more cost-effective product could provide a solution to high heating bills.

Winter Windows is a totally transparent, flexible heat-shrink film fitted to the glazing frame of an existing window with an airspace between the glass and the film. It is tough, doesn't puncture readily and can be wiped clean with a moist cloth. It lasts for longer than five years and can be removed, if in a rented house, without damage to the window frames.

It is able to be installed by do-it-yourselfers and costs \$105 plus \$5 post and packing for a kit of 10 metres film (1.6 m wide), 100 metres double-sided tape and instructions. This works out to \$19 for a 1800 mm x 1400 mm window.

Orders and further details: Winter Windows, PO Box 773, JAMISON CENTRE 2614. Ph: 06-251-3570.



## DOWN HOME ON THE FARM by Megg Miller.

Bed seems a highly desirable place this weather and I find little to equal snuggling into a warm bed with a couple of cats and a listening to gentle rain on the corrugated iron roof. For weeks on end we had enjoyed the crisp frosty nights and sunny days this area is famous for, but whilst the warmth cast a rosy glow on daily activities, pasture and cereal crops struggled to survive. By now several generous rains have fallen, the tanks are overflowing and green paddocks abound. 'It's looking good,' the local produce merchant says when I call by. 'It looks like a good season.' Not only is the weather the simplest topic of conversation in the country but the main determinant of success or failure for farmers and townspeople alike. And there is no complaining about the rain if the countryside needs it – any malcontents are quickly set straight, even the teenage shop assistants tempering grumbles at the cash register with, 'Don't we need it, eh?'.

From time to time events occur which we don't need, one happening just after I completed writing this page last issue. The sunny weather back then was very warm for that time of year, so balmy in fact that I had noticed one or two confused snakes still out on the roads. You could have thought that by early May, which is when the magazine went off to the printers, they would have settled in for their winter hibernation. There are a few contrary individuals in every sphere of life and the reptile world is clearly no exception. What prompts me to say this? Just a three-foot long tiger snake that had left its search for seclusion a little late and hastily squeezed through a crack in the tongue and groove bathroom wall. I would have been none the wiser about its presence except it slithered along the top of the bath, lost its footing (so to speak) and fell into the bath. A friend doing a couple of jobs for me in the house coolly reported its presence: 'Um, Megg, there's a snake in your bath.' Had it been left to me the bathroom door would have been bolted shut and the room never entered again, but a kind individual of the opposite gender said 'Stand aside,' and for once I was very glad to. Suffice to say it was at least a

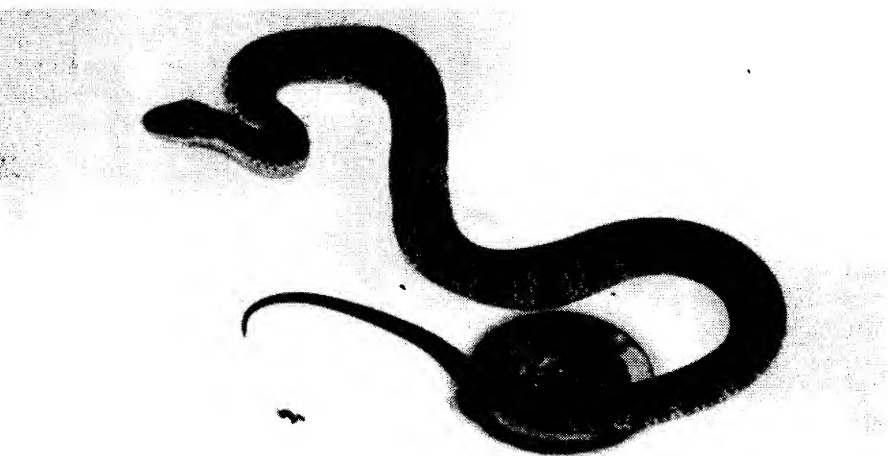
week later before necessity forced me to overcome repulsion and partake in ablutatory activities. I ranted and raved for days after the visitation about the sanctity of personal space, was nothing sacred any longer, and where the hell did the snake think it was going to bed down and for how long. I think I've shown immense courage skirting around the many I've encountered here each summer and practising evasive strategies to avoid confrontation in sheds and my garden, but the house – that is another situation all together. Where were the cats, a good friend enquired. Asleep in the cane chairs on the verandah!!

Out in the garden, many of the undesirable weeds have been pleading to be pulled out, the softened soil making the task achievable. There has long been an objectionable area alongside the vegie garden, badly overrun with horehound, so that became the first spot attacked. Several consecutive Sundays have seen the area cleared, the garden fence relocated and the first sod turned in the extended vegie garden. How simple it sounds put like that. In reality I shuffled around afterwards like a wounded soldier and was even too body weary to enjoy a decent night's sleep. Still it is immensely fulfilling to see the progress and envisage the benefits from the additional space.

My little garden is essentially set up for summer, as that is the longest season here, and the surrounding trees and bushes envelope the green oasis. When win-

ter comes, insufficient sunlight can penetrate, even after a large peach tree has shed its leaves. The new extended area is a little less enclosed and certainly enjoys more morning sun than the original patch. I've transplanted a couple of Chinese gooseberry bushes that were smothering my herbs, sown the broad beans and more red beet and coloured lettuce, and have time to leisurely prepare a bed to grow some purple coloured potatoes. As well I've uncovered the old compost bins and what doesn't make its way to piggy or the poultry can try its luck there. Mary, my friend and fellow editor, looked at me questioningly when I started the garden extensions, 'You don't think you're being too enthusiastic? What about the upkeep in the summer?' Knowing full well that Mary's weekends are spent in the garden and that summer evenings include little else but watering, I acknowledge her wisdom and greater experience in horticulture. I'll just have to wait till summer comes and plant out so watering is at a minimum. Meanwhile the first broad beans are shooting through and I'm having to protect them from the ravages of bored blackbirds and cantankerous cockies.

And speaking of irritations, the Muscovies have fallen from favour yet again. A recent visitor seemed disappointed to find I only keep a pair, but the idiosyncracies of these two are such that any more would be a disaster. So what have they done to earn my displeasure? They



I am an animal lover, but this was just too much . . .

have cunningly gobbled down the dog's food at night. They partake in the evening poultry meal when I feed out late afternoon, then help themselves to snacks when the dog is out protecting them from foxes. Maria the Maremma doesn't always eat her food straight away and obviously these sly characters have worked out it's easy pickings when she's away. I caught the Muscovies red-handed the other night and can appreciate now why they are so big. A new spot for the dog's tucker will involve little effort on my part but should cause great consternation to the night raiders. It would be so much simpler if the dog would just gobble her food up greedily like those we've had in the past, but no, she puts it aside for later. Obviously another creature with individualistic yearnings.

Although we have more wet cold weather to endure before spring can be proclaimed, the daily egg collection is increasing by the week. Blue, green, brown, white and lightly tinted shells give the egg basket a decorative air, the sizes varying almost as much as the colours. There is at least one regular double yolker, several pullets produce quite long elongated shells and there have been occasional miniatures, tiny eggs the size of those laid by quail and probably the introductory efforts of point-of-lay pullets. Some of the turkey hens too have decided to get in early and there are a couple of regular layers already of large spotted eggs. No such results have been forthcoming yet from the new ducks, the lovely Blue Swedish and unless they slow down and take life at less than a run there won't be time for eggs to develop. Although quite big bodied birds, usually a characteristic associated with a placid nature, they dash around the place excitedly quacking as though there is a fire. Perhaps they enjoy their new life and its freedom and are just trying to fit as much into each day as they can.

There are weeks when I'm probably not dissimilar to these ducks in that I also seem on the run much of the time. When daylight hours are so short I frequently need to rush to get everything done and am often amused when I dash in to answer the phone of an evening. 'Where on earth were you?', is occasionally the disgruntled enquiry. 'Surely you're not still working at this hour?' What can I say, of course I was outside working and whether it is dark or not makes little difference if there are jobs

still undone. The deep of winter is my annual blitz time for eliminating nasties like lice and mites and for treating scaley leg. There is less fuss and bother when done by torchlight and I can be finished and inside by a reasonable hour. I cannot do these procedures on summer evenings because I'm likely to tread on a snake and daytime catching and its associated flying feathers and dust is not worth the effort. It is rewarding seeing the scaley legs clear up, although I've found no quick alternative to a weekly application of cheap cooking oil with a dash of kero added. I've also been cutting overly long toenails and trimming spurs so the enthusiastic roosters cannot rip the backs of their favourite hens. An hour's diligent inspection and treatment a couple of nights a week elicits positive results and once all the nests are sprayed with diesel and fresh litter added, the flush of spring laying can descend and the fowlery will be set up to cope with all the eggs.

Haste makes wastes was a proverb my mother frequently admonished when a job was rushed through with sloppy consequences. I recalled it somewhat wryly when my glasses fell out of a shallow shirt pocket this week and couldn't be found. I'd completed an array of activities in and out of the chook sheds the morning I lost them and knew they could be anywhere from in grain bags to the pig's pen. Being small and brown-framed, they could be easily camouflaged in grass or the muddy yards I had tramped through. In desperation I rang and ordered a replacement pair, emphasizing the urgency of the situation. The following afternoon I gratefully picked up the new glasses and less than five minutes after arriving back home I spied a sad glint of glass in the muddy driveway. My specs were lodged in the mud on the side of the only large puddle and bore the results of the day's motor traffic. My new glasses are wonderful and I have the extra bonus of a spare left eyeglass should I ever need it. And who knows, modern technology may be able to reposition the arms and nose guides on the flattened frames. At \$300 a pair it will be worth trying. One lost pair of specs in over 30 years of wear is not a bad record, but I'm sure a little less hassle and less speed wouldn't go amiss. Perhaps I should push the cats off the cane chair on the verandah and reacquaint myself with the story of the tortoise and the hare . . .

## PENPALS

Hello, my name is Stuart, I'm 28 and enjoy good movies, music and fun. I would like to hear from anybody, any age, any nationality, anywhere, any time.

**Stuart Mitchell,**

**C/- Post Office, CABOOLTURE 4510.**

Forty-three year old hermit wishes to correspond with people to improve letter writing skills. Interests are mainly literature and psychology but I can write a semi-erudite letter on just about anything.

**Denis Shepherd,**

**PO Box 98, NIMBIN 2480.**

G'day, I'm looking for penpals who are like-minded. I'm into New Age stuff, astrology, tarot and alternative living. I'm a 26 year old ex-wife with two gorgeous little daughters. I'd love to hear from anyone who can write back.

**Netty McKeown,**

**RMB 669, DEREEL 3352.**

Hi, my name is Bonnie Parker. I am 11 years old and love music, reading and little puppies. I would like a penpal from 10 - 13 years, male or female. Hope to hear from lots of people soon.

**Bonnie,**

**C/- PO Box 242, EUROA 3666.**

My name is Ann-Marie. I'm interested in corresponding with anyone, male or female, from anywhere on the planet. My interests are writing, drawing, decorating and planet care.

**Ann-Marie,**

**4 Walhalla Rd, TYERS 3844.**

Hi, my name's Emma and I am nine. I am looking for a male or female around 9 - 10 who is interested in horse riding, writing letters and listening to tapes.

**Emma Powell,**

**C/- PO Box 242, EUROA 3666.**

Hi, at the moment I am in the Junee correctional centre and would like a pen-friend. I am 57 years old and still very active and have my faculties. My interests are bushwalking, fishing, driving, gardening and creative writing. I'm n/s, n/d and believe in God but not fanatical about it.

**John V Potts,**

**Locked Bag One, JUNEE 2663.**

*Continued from page 53.*

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# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## ★ FEATURE TITLE ★

### THE G.I. FACTOR

– Assoc Professor Jennie Brand Miller, Kaye Foster - Powell & Dr Stephen Colagluri.

The G.I. factor (glycaemic index) of foods is a ranking of foods based on their immediate effect on blood sugar levels. The G.I. factor is a scientifically validated tool in the dietary management of diabetes, weight reduction and athletic performance. This book gives information to allow people with diabetes to lower their blood sugar, athletes to gain the competitive edge over their rivals and for all

of us to take a look at the carbohydrates we eat and replace them with the right carbohydrates for all-day energy.

Included in the book are recipes and hints for meal preparation and food combinations and a list of G.I. factors for a range of different foods.

P/b, 250 pp, Hodder Headline. Ph: 02-638-5299. Fax: 02-684-4942. RRP \$19.95.



### SMALL PETROL ENGINES – Bruce Holt.

The small engine is an essential tool in many workplaces, especially in rural areas. Whether it is a two or four-stroke engine that powers a water pump, auger, lawn mower or chainsaw, the small petrol engine is found on every farm. This extensively illustrated book gives valuable advice on the maintenance of small petrol engines and their capabilities in terms of power and torque. It also clearly explains the fundamental principles of all the engine's distinct systems: mechanical, ignition, fuel, lubrication, cooling and exhaust. Maintenance and repairs are covered for each section, plus a complete trouble-shooting guide that lists symptoms, causes and the best solutions.

P/b, 144 pp, Inkata Press, available from Butterworth-Helmemann. Ph: 03-9245-7111. Fax: 03-9245-7395. RRP \$29.95.

### CREATING AN AUSTRALIAN RAINFOREST GARDEN – Ralph Bailey and Julie Lake.

Another in the Lothian Australian Garden series, this book has been published in response to growing interest by Australians in planting rainforest gardens. It shows how to establish and maintain a garden in a broad range of climates from tropical to cool temperate, and even indoors. It includes soil preparation and planting techniques, watering, fertilising and pest control. A list of fifty favourite plants gives requirements for light, temperature, water and special features.

P/b, 64 pp, Lothian. Ph: 03-9645-1544. RRP \$12.95.

### ECO-EATING – Sapoty Brook.

Through his own study and experience, Sapoty Brook has developed a system of eating based on balancing the four most influential food minerals: calcium, phosphorus, sodium and potassium. The result of his research is the CaPNaK chart, a simple diagram which provides a new explanation of the relationship between these minerals and the physical and mental effects they have on the body. The book includes recipes, detailed charts and food composition data.

P/b, 186 pp, Lothian Books. Ph: 03-9645-1544. RRP \$19.95.

### I'VE FOUND THE KEYS, NOW WHERE'S THE CAR? – Vicki Bennett.

This book is for those who want personal fulfilment in life and happiness and success in business. The author believes that the two are intrinsically linked, that success on a business level begins with personal success. We have the keys to our lives, but many of us have forgotten where the car is parked. The key is your heart (your intent, your dreams), the car is your mind, the vehicle to enable you to show your heart to the world. The author identifies ten essential keys to unlocking your potential and provides the vehicle you need to make the keys effective.

P/b, 243 pp, Hodder Headline. Ph: 02-638-5299. RRP \$19.95.

### HOMEOPATHY FOR COMMON AILMENTS – Robin Hayfield.

This book introduces homeopathy for everyone who wants gentle home treatment for everyday family health problems. Part one lists thirty seven common ailments with a description of symptoms and the relevant remedy. There is a section devoted to remedies for children. Part two gives a description of each remedy including its origin and uses. The text is accompanied by stunning photographs by Philip Dowell. This book would make a useful addition to the home reference library.

P/b, 95 pp, Angus & Robertson. Ph: 02-952-5000. RRP \$22.95.

### TRADE SECRETS – Jocasta Innes.

This book is for anyone in search of new ideas for surfaces and finishes for exteriors, interiors and furniture, and having the time to spend on the application of these finishes. The author has delved into the fascinating processes used by master craftsmen from all over Europe over the centuries, added the secrets of contemporary craftspeople and has come up with techniques that are innovative and achievable. The techniques are accompanied by photographs, recipes for paints, whitewashes, stuccos and plasters, a list of suppliers and necessary tools.

H/b, 176 pp, Weidenfeld & Nicholson, distributed by Allen & Unwin. Ph: 02-901-4088. Fax: 02-906-2218.

### IF THESE WALLS COULD TALK – Report of the Corangamite Dry Stone Wall Conservation Project.

Not only is this an important documentation of the remaining dry stone walls of the Corangamite area, Western Victoria, it is also a social history of the people who built them and lived here. Oral history from wallers, extracts from newspapers, historical society notes and books portray the lives of European early settlers.

Through the raising of awareness of the importance of the walls to the heritage of the district, the project organisers also hope to encourage the acquisition of the skills of dry stone walling. To this end, the report includes field notes and construction techniques.

P/b, 144 pp, available from: Corangamite Arts Council Inc, Box 115, Terang 3264. Cost is \$25 plus \$4 postage.

### ETHICAL INVESTMENT IN AUSTRALIA

A Handbook for the Concerned Investor – edited by Trevor Lee.

Ethical investment refers to the selecting of investments that yield solid social and environmental benefits at the same time as earning market returns for the investor. Ethical investment funds in Australia now exceed \$100 million. As well as putting together profiles of 28 ethical investment organisations, the book includes sections on corporate ethics research, world trends, financial planning and terminology.

P/b, 37 pp, available through Wilderness Shops throughout Australia or contact Trevor Lee. Ph: 06-291-7313.

# Poetry

## LAKESIDE MILL

Twilight zone, dusky  
hauntingly beautiful  
Hot air like drying coal  
penetrated only by the eerie  
chant of a rusty windmill  
pervading realms of wildlife  
with its monotone of survival

First answered by a trip of goats  
A billy in stride ahead of the rest  
ears as eyes, willing to detect  
danger lurking unseen  
With spasms of hesitation  
he leads the trip to the trough

Kangaroos too appear from no  
predetermined direction  
harmonising with drought ridden  
flora and black stumps  
Naked in the shadows  
they are charmed out of apprehension

The dull treading of sheep echo  
as they tread their water trails  
without caution that wind  
through dry season's scrub  
like dusty veins

Deep into the night  
the donkeys come  
as do the stragglers  
Moonlight draping over their haunches  
as they drink  
Startled...  
they whip

vanish

Their stampede recoiling  
like buried thunder into the bush  
Alone the windmill  
thrums to the stars.

Leonie Boswell.

## HAIKU

Deep in its black fur  
this cat brings from my garden  
freshness of crushed basil.

Diane Beckingham.

## TOOMA UPLAND, PASTURE AND ORCHARD: FIGURES IN A LANDSCAPE.

Autumn hastens  
them from languidness  
summer's cloying mantle  
long  
bright evenings  
becoming crisp  
they crowd the fields  
moment of tumult calls lost  
clank of mowers  
ninja blades  
rolling the land

silence  
grey geese winging  
greying sky  
figures gone  
I watch for  
a first snowflake

a kiss  
to emptied boughs  
lifted  
awaiting  
gardener's cut  
belief in  
a bud's promise.

John Miles.

## BURROWING

It's a burrowing down time of year  
a time to turn the sock of oneself  
inside, a time of quiet, of rest,  
of slow growth. Take note, nature  
winds down, no matter how much  
the ozone layer is splitting, no  
matter how much salinity is skirting  
the soil. The earth rotates its seasons  
a regenerating gift, the slow grasp  
of sleep before regrowth.  
So burrow down in sweet moist  
soil, packed around as a cleansing lotion  
ridding the pores of time  
stressed to the last loud beat.

Lorraine Marwood.

## UNDER THE INFLUENCE

Under the influence  
of a good Chardonnay  
Alfalfa Sprouts have a devious way  
of clinging to one's beard  
or crawling up one's sleeve;  
ruining, I'm afraid,  
the romantic suspension  
of disbelief.

Diane Beckingham.



# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to *Grass Roots*, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of *Grass Roots*. **Deadline for GR 117 is 30th August, 1996.**

Sender's Name ..... For issue no/s .....  
 Address ..... Classification .....  
 ..... Postcode ..... Cost .....

**Cost for advertisements is 60c per word.**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**NYMBOIDA, NORTHERN NSW**, 2 dwellings on 100 ac. Main dwelling 3 b/r, 2 storey hexagon features natural woods, bushrock, verandahs & balcony, beautiful views. Second dwelling is self-cont 1 b/r cottage. Property is 80% wooded, has dam, picturesque crk, abund organic vegie patch, sheds, paddocks, school bus to gate. Wildlife is prolific. Fully estab property within idyllic setting. Must sell. \$145,000. Ph: 066-845-206 for details & photos.

**COONABARABRAN**, 100 acres, 4 b/r home, 22 km from town. \$65,000 ONO. Ring 068-422-238.

**MID NORTH COAST**, 2 picturesque ac, historic Algomera school block. Close to school, Macksville, Scotts Head, Grassy Head. Many trees, crk opposite, Yarrahappini Mtn views, ph/power avail. DA approved for dwelling. \$32,000. Ph: 066-454-454.

**NORTH COAST HOUSE AND LAND**, 48 sq house, 4 b/rs, en suite, 2 studies, studio, built-ins. \$20,000 solar system, 75,000 lt water, 6 x 12m shed, irrigated paddocks/forest. Twelve ac share on 12 share MO. Wildlife corridor/refuge. Fruit trees, good access, great views of Tweed Valley. School buses & a/ground pool. Murwillumbah 35 mins, 50 mins Coolangatta airport. \$145,000. Ring: Geoff, Kumara, 066-804-061.

**NEAR BOMBALA NSW**, 80 ac, Delegate River frontage. Permanent water, lightly timbered, not ravaged by man. Good rock, good access. \$19,500. Ph: 064-940-249.

**HOLBROOK**, 9 ac old and young trees, 3 b/r Hardiplank home, wood heater, ceiling fans, c/port & fernery. Well & r/water, lge vegie garden, sml stockyards, 2 garden sheds, aviary, close to school bus, 5 mins to town, 45 mins Albury. \$130,000. Ph: 060-362-799.

**MID-NORTH COAST**, lge solar designed house on 54 ac, 10 mins from historic Bowraville (pop 900), 60 km sth of Coffs Harbour. Still some work to do, but substantially complete. Beautifully situated on NE slope of sml valley, surrounded by bush. Two dams with some sml clearings. Very private yet close to all facilities. \$110,000. Ph: 065-647-424.

**HUNTER VALLEY**, between Cessnock and Maitland, 5 ac bush block. \$20,000 ONO. Access rd must be upgraded to council specifications. Sternbecks RE, Cessnock, ph: 049-902-511.

**MT COLAH, SYDNEY NORTH**, beautiful 1/2 ac block, battleaxe, absolute privacy. Rainforest garden, rare species bush tucker & f/trees, vegies, herbs, ponds & close to school, public transport, shops & nat pk. Due to house fire 1/2 house remains. \$280,000. Ph: 015-465-479.

**GLEN INNES** 30 km NE (Dundee), 885 ac, flat to undulating. Severn River bndry + 5 dams, 3 b/r Federation home + sheds. School bus 1 km. Ill health forces sale. Ph: 067-344-125 (nights).

**RARE OPPORTUNITY**, f/hold acreage, NSW, Torrington, clear air, village surrounded by nat pks. Three b/r timber home on 5476m<sup>2</sup>, lounge, dining, kitchen, lge enclosed verandah, laundry, garage, 4 new w/tanks. House needs repair, but structure is sound. \$40,000. Ph: 067-346-264.

**TAMWORTH**, located just 2 mins from the city centre, lge semi-hobby farm in residential area. Nice building block with only brick and tile homes newly built in the area. All services connected, incl water & the cost is \$50,000 ONO. Enjoy the country life within an already estab community. Property is No 1 Spanes Lane, Tamworth. Go look for yourself. Write to: G Walker, PO Box 51, CARLTON SOUTH, Vic 3052. Ph: 03-9347-7039.

**FAR NORTH COAST**, forest hideaway, 30 mins from Lismore, 15 mins to schools, 57 ac property, freehold, 2/3 timbered, 1/3 gently sloping paddock. 600 m perm crk frontage with beautiful swimming hole. Two houses: one hexagon with loft & lge verandahs, one nearly finished 2 storey 2 1/2 b/r house, big workshop, est f/trees. Ph: 066-337-096.

**NORTHERN NSW**, between Grafton & Casino, 3 b/r, 2 bathroom timber home with loads of character set on just over 1/2 an ac block in quiet bushland location with good fences, 35 mins to city, on school bus route, close to local shop. Power, gas, phone and permanent water. Large lock-up shed, new water tank and Davey pump. \$65,000 ONO. Ph: 066-619-139.

**NIMBIN - FOUR BEDROOM** house in town. Top position, for continued restoration. Private sale. \$125,000. Ph: Mr C Allen, 02-793-9829.

**WAUCHOPE, TWELVE ACRES**, good soil, 3-4 b/r house with beautiful views to Hastings River, sep lge 2 b/r flat & garage, fenced paddocks, 5 stables, lge water tanks & dam, power, ph, subdivision potential, 15 mins to Port Macquarie, 8 mins to Wauchope. \$189,000. Ph: 065-852-547.

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

**WAGGA, FIFTEEN MINUTES**, village lifestyle. Almost complete 2 storey Hebel Chalet, 4 huge b/rs, BIR, 2 lge bathrooms, spa, huge open plan kitchen/living. All mod cons, red gum benches, stairs, 1/2 ac, 20 f/trees, estab shade trees, local school, shops, country lifestyle near major city. \$140,000 ONO. Ph: 069-229-627.

**GOLD COAST - BYRON BAY** district. Divorce sale of all holdings. A: Coolangatta Airport 15 mins, 51 ac Bilambil with stunning views, crks, r/forest, deep soil, 1 km bitumen rd frontage, tourist cabin approval, extremely private yet on doorstep of Gold Coast. \$195,000. B: Genuine 17 sq Federation house at Uki, restored, on Tweed River. Expansive views, wonderful floors, french doors, 3 verandahs. In town yet very private. \$110,000. C: 240 ac at Burringbar with sea views, perm crks, springs, r/forest, nat pk on 2 sides, 120 ac cleared, but block looks fully forested. Ideal for Community Title, current subdivision approval. Very special property. \$327,000. D: Burringbar (near Byron Bay), 112 ac, 104 ac and 25 ac. Bitumen rd access, sea views. Suitable for tourist development and/or community title applications. Surrounded by nat pks. From \$160,000 to \$185,000. E: Tomewin, 2 b/r cottage, fantastic sea views on 7 rich, rich ac. Original r/forest, on Qld/NSW border. Sit and look at the Gold Coast all day and night. \$75,000 (ouch). All the above for sale. Ph/fax: Michael, 1800-629-639.

**TWEED VALLEY**, 11 ac, company titled MO; surveyed & marked individual blocks. Tall forest & r/forest, crk, bndry to Mebbini State Forest. Very quiet & private, abundant wildlife. Shed + r/w/tank. \$26,500. Ph: 015-597-096.

**GLOUCESTER DISTRICT**, unique designer built 3 b/r (all BIR), western red cedar home set on 7 nth facing ac planted with native trees & shrubs in the Bowman River valley. Open plan with oregon beams t/out to cathedral ceilings. French doors to long tallow wood verandah. Large open garage. Extra shower & toilet, solar HW, 10,000 gal water storage. School bus, lovely views, no chemicals. Asking \$166,000. Ph: owner, 065-587-526.

**MID NORTH COAST**, 23 km Wingham, 114 ac. Private setting, spectacular nthly views. Ex-dairy land, 50% bush, spring-fed dams, good fencing. Currently carrying 30 cattle. Includes log cabin, 4 c/vans, sheds, Landrover, power, ph. \$125,000 ONO. Ph: 065-505-754.

**NABIAC, MIDNTHCOAST**, 3 1/2 hrs Sydney, 110 ac part-grazing, part-timbered. Private location, 10 km from town on public (gravel) rd. Comfortable 4 b/r house, power, gas, ph, septic, concrete w/tank, dams, f/trees. Second building, fully lined with kitchen, laundry, bathroom, 2 lge rooms & enclosed verandah. Three phase power connected. Registered for use as factory, could be easily converted to cottage. Property would suit home industry, 2 families or home + rental income. \$160,000. Ph: 049-923-213.

**DEADLINES: GR 117 - AUG 30TH  
GR 118 - OCTOBER 30TH**

**TAMWORTH AREA**, 28 km to city, self-cont, bushland, hilly valley, completely private 161 ha (400 ac), with near-new 2 b/r home + serviced on-site c/van for granny flat. Watered by crk, bore, & r/w/tanks, glorious place to live, hardly any frost. Suit hobby or intensive farming, retirement or alternative lifestyle, presently used for breeding horses. Approximately 2000 ac adjoining for cheap lease. Sale fallen through twice due to finance. \$150,000. About \$50,000 deposit will secure. Ph: 067-695-503.

**BILLEN CLIFFS** (1 1/2 hr NW Lismore), 2 ac lot in 860 ac strata title village. One unfinished house, 1 cosy studio, both solid timber dwellings with solar, r/water, wood heaters, 2 dams etc. Beautifully landscaped, f/trees, herbs, flowers, r/forest trees & vegie gardens. A paradise. Adjacent one ac common land for sml cropping or a horse. Shop, crafts hall etc. Three school buses. No cats or dogs. \$130,000. Ph: Peter, 066-855-803.

**FOR URGENT SALE**, 2500 ac beautiful bush, livable dwelling, 25 km from Tabulam, nth NSW. Perpetual leasehold. \$90,000 ONO. Ph: Robyn Baly, 066-847-454, or Andrew McKenzie, 066-857-229.

**TANJA, NSW**, 5.8 ac ready to build on, close to beautiful beaches, excel soil. For more details please ring or fax: 064-944-131.

**CENTRAL COAST - RAINFOREST**, 3 ac, 5 mins Gosford, 3 b/r cedar pole home with BIRs, timber kitchen, floors, solar HW, tank & town water. North facing, views over crk & bush, adjoins nature reserve. Organic paints only, ideal for CFS/allergy folks. \$250,000. Ph: 02-477-1113, 043-239-108 AH.

**PRETTY GULLY AREA, TABULAM**, 100 acres (40 ha) untouched. Sides onto nat pk, backs onto Plumbago Creek, perm water. Genuine sale. \$40,000 ONO. Ph: Kerry, 085-865-808.

**SOUTH COAST RANGE**, 200 ac old growth forest, tussock grassland, views of Brown Mtn, Bull Mtn, Snowy Mtns. Borders state forest & Bombala River. Two perm crks, numerous springs amongst granite boulders, 40" r/fall. Fenced on 2 sides, right of way access via Thoko Station. Nimmitabel 20 km, school bus route, 1 hr coast/snowfields. Reluctant sale \$90,000. Ph: 003-815-454, or write: EFP, Box 50, OATLANDS, Tas 7120.

## QUEENSLAND

**BEAUTIFUL BLACKBUTT**, SE Qld, 2 hrs from Brisbane. Ideal 8 ac block, fenced, power, u/ground water, \$26,500. Ph: 074-985-405.

**MALENY AREA**, 3 b/r Qld'er, solar & gas, estab orchard, on 200 ac community. \$90,000 ONO. Ph: 074-961-685.

**TARA SHIRE**, 250 ac, dam, crk, mostly fenced, close to school, no power, no ph, no buildings, lightly forested. \$45,000. Ph: 07-3800-6364.

**DOUGHBOY**, west Gin Gin 35 km, 230 ac hilly country, great views of Bundaberg, 4WD access, vales & crks (seasonal). \$44,000 ONO. Ph: 015-139-716. Extras avail.

**CREEK FRONTAGE**, permanent creek lined with river gums acts as western boundry on this 25 acre property, situated 70 km east of Surat SE Qld, 3 b/r t/groove, part renovated Queenslander with verandah, artesian bore-water, stables, hayshed, hammer mill. Makes excellent basis for many alternative farming ideas. School bus. Genuine regretful sale due to personal reasons. \$65,000. Ph: 076-359-623.

**WOLVI**, 20 east of Gympie, 30 ac, 3 b/r Hardiplank/red cedar house, fully tiled. Mature mango trees (250), 3 crayfish ponds (2000sq m), birdnetted, fenced, gravel lined, aerated, fully stocked with redclaw. Pumps, tractor, good rainfall. \$190,000. Ph: 074-867-141.

**TARA**, 84 ac block, dam, phone, elec, school bus. \$19,000 ONO. Lot 36, Tomalou Lane, WIEMBILLA ESTATE. Ph: owner, 067-345-399.

**HOBBY FARM**, lge 2 b/r house, beautiful setting, private, plenty of wildlife. Fenced, elec, tanks, sheds, crk. Warwick 20 mins. Budding native nursery business. \$113,000 ONO. Ph: 076-679-207.

**BLACKBUTT**, SE Qld, 3 b/r BV residence, 6 3/4 ac. Soil suitable flower growing industry in district, town water, 124 m highway frontage. \$105,000. Ph: owner, 071-633-327 BH details.

**UNIQUE BEACHSIDE COTTAGE**, 1 acre f/hold on Torres Strait Island (pop 3). Needs finishing. Tools, boats, furniture incl. \$140,000 or exchange Tas/Vic. PO Box 352, THURSDAY ISLAND 4875.

**QLD, DARLING DOWNS**, 20 ac bushland with house & shed, elec, phone, large dam, 30 km from Millmerran. \$65,000. Ph: 076-954-158.

**AGNES WATER/1770 Hinterland**, 3 b/r home on 40 undulating ac open eucalyptus forest with r/forest remnants. Power, ph, mail delivery, school bus 7 km. Established gardens & f/trees, rich soil. Quiet location on no through rd. Ten ac fenced, 3 crks, 2 sml dams. Abundant wildlife, tame kangaroos. \$175,000. Ph: 079-749-344.

**TARA**, 3 b/r house, 1/4 ac, mins walk to shops, lge atrium, sheds, fruit/ornamental trees \$55,000 ONO. Also 38 partly cleared ac, cabin, sheds, 2 dams, horse paddock, pwr/ph connected, 17 mins to town, school bus at front gate \$32,000 ONO, or both \$82,000. Ph: 076-653-479.

**RAVENSWOOD**, 20 ac, fenced, weekender, perm water from well with new pump/tank. Power avail. Two horse paddocks. Pool, gym, golf in Ravenswood. Townsville 1 1/4 hrs. Asking \$29,900. PO Box 2287, TOWNSVILLE Qld 4810.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

PLACING AN AD?  
See page 77 for details

**LOOKING FOR A NEW LIFESTYLE?** Luxury living in the peace of the country only 20 mins from major city. Picture yourself in modern 44 sq colonial home, 3 dbl b/rs, 3 bathroom, inground pool, 4 bay shed, dam, irrigated f/trees, easy care gardens set on 3 1/2 ac of absolute flood-free deep water river front in the Hervey Bay area. Prawns, crabs and Barramundi off your backyard. Easy access to Fraser Is. Every aspect of this craftsman built residence has been designed for comfortable living. \$275,000 ONO. Contact owner, 071-294-228.

**TARA AREA**, 42 ac, beautiful & cosy 3 b/r log cabin, open rock f/place, solar power, ph, estab gardens & ample water. Two-bay c/port, lge shed with gantry, 600 m to school bus. WIWO & priced to sell quick at \$86,000. Ph: 076-653-695.

**MACKAY AREA**, 25 mins sth, self-suff + income on exotic fruit farm, 65 varieties all trickle irrigated. Comfortable 2 b/r home with dble car lock-up garage attached & spa deck. Mower shed/workshop with 12 hp ride-on. Fodder storage shed, fowl runs, milking bail, cow/calf. Fully fenced with 4 paddocks for livestock each with shelter for animals. Three x 6000 gal tanks, windmill, bore, dam - good water. All improvements top quality. \$160,000. Ph: 079-564-569.

**CENTRAL QUEENSLAND**, nearly 2 ac, 20 mins by bitumen rd to Rockhampton or Yepoon and Capricorn Coast, 300 m to high school bus, shop and primary school. Highest old home, 2 lge sheds. \$80,000. Ph: 079-227-650 BH.

**THREE BEDROOM TIMBER** home, 10 mins from Port Douglas on 1 ha of orchards and gardens. Solar power (mains avail), gas, ph, town water, lge shed. In quiet valley with great swimming hole. Suit artist. \$190,000. Ph: 07-3269-3237.

**GUNALDA NEAR GYMPIE**, 5 uncleared ac with seasonal crk, fences, power avail, bitumen rd, secluded but walk shops, school. \$27,000. Ph: David, 07-3357-7003.

**AMMAMOR CREEK** (Gympie Hinterland), quiet secluded 38 acres, permanent creek frontage. Open bushland, some rainforest. Country shack on slab. \$73,000. Ph: 07-3425-1619.

**HOWARD**, 2 1/2 ac, Cherwell River, 3 b/r brick with granny flat. School bus front door. Established gardens, dam, sheds, dbl garage, water tanks. Enjoy peace and fish. Maryborough/Hervey Bay 1 1/2 hr. \$169,000. Ph: 071-294-320.

**ATHERTON TABLELANDS**, 57 ac r/forest, 1 km river frontage. Cassowaries, tree kangaroos, platypus. Easily accessible. Power/ph, 10 mins town. Old bush hut, needs TLC. \$99,000. Ph: 070-953-715 AH.

**COOKTOWN**, far nth Qld, 70 ac, 20 km nth of town. Half r/forest, seasonal crk, bore, fenced. \$85,000. Ph: 074-823-719.

**MT PERRY**, 48 ac, peaceful, private. Dams, fenced, mtn views. Power, ph avail. Five mins sealed rd from town, hospital. \$36,000 ONO. Ph: 041-977-5334.

**CONONDALE**, Maleny 25 mins, Noosa 45 mins, peaceful views across the Mary Valley, bitumen rd frontage, state forest on rear bndry, spring-fed dams, excel soil. Choice of house sites, beautiful native timbers. Two blocks: 108 ac, \$130,000 and 238 ac, \$250,000. Ph: 07-3217-5952.

**ATHERTON TABLELAND**, perfect for those who want to get away from it all, clean air & beautiful views, relaxed lifestyle. Aesthetically attractive, this 2-3 b/r home is set into natural hillside with complete glass frontage. Full length patio with even temperatures maintained all year. Built on 2 levels with spiral st/case to sunroom & enclosed c/port. Ultra modern kitchen, lge m/b/r, WIR, en suite with lge spa. Fully landscaped with r/w/tank & bore. \$180,000. Ph: 070-972-346.

**GLENWOOD**, 2 ac of tall trees, 30 mins nth Gympie, 2 lge dams, 2 tanks, full, 2 b/r house. Shed 9 x 6m, on slab. Solar power. \$75,000. Ph: 074-857-367 w/ends.

**KILLARNEY** 17 km, 159 ac of natural bushland, 5 ac river flats suitable for organic growing, 2 km crk frontage, never dry. Two b/r mud brick and timber house, solar & generator power, estab orchard with numerous fruit & nut trees. Primary school close by. \$190,000. Ph: 076-324-792.

**KILLARNEY**, Qld'er, 1/2 ac, 2 deeds, 4 BIR, guest room, elec/s/c/stoves with HWS, f/trees, bore, close to amenities, views to mtns. \$98,500. Ph: 076-641-120.

**DALLARNIL**, SE Qld. Three b/r renovated cottage, 3 ac, elec, ph, tank water, dam. Plenty of trees, very environmentally friendly. \$90,000 ONO. Ph: 071-277-129.

**BUNDABERG** 20 mins, Gin Gin 10 mins. Two house blocks, bitumen rd, power, ph, handy school. \$10,500 cash. Ph: 076-981-814.

**PICTURESQUE BRISBANE VALLEY**, 46 acres, good pasture & stockyard. Ample bore & rain water. Variety of producing fruit & nut trees. Spacious steel-frame family home with office/studio, lock-up garage/workshop, 3-bay machinery shed, vegie & herb gardens, estab landscaping. Quiet bitumen rd, handy schools, shopping etc. Asking \$160,000 bare or \$173,000 WIWO. Ph: 074-235-193.

**WATERFRONT, HERVEY BAY**, dome home needs loving. Suit handy person, excel studio space, 1/4 ac block, town water, power, architect designed. \$107,000. Ph: 02-818-4616.

**ACREAGE IN FERNVALE**, Wivenhoe Dam, tanks & town water. Large garden shed & all fenced in 3 b/r house. Citrus trees, peanuts, macadamia and olive trees. \$140,000 ONO. Ph: 074-267-254.

**MT MORGAN**, 38 km Rockhampton, 25 ac, unusual 3 b/r home, power, a/g pool, town water, tanks, 16ft c/van, sheds, yards. \$89,000. Ph: 079-382-215.

**ROSEDALE**, Qld, 43 ac block. Undulating, fertile, mostly bush with tree-lined crk & timber slab shed. Power, ph & school bus to front door and only 7 km to town & school, 65 km Bundaberg. \$28,000. Ph: 045-721-587.

## VICTORIA

**CHARLTON**, country living, 3 b/r cottage, old-fashioned wood stove, antique f/place, lge block, quiet area, all amenities. \$39,000. Ph: 054-943-019.

**BULDAH - FAR EAST GIPPSLAND**, Vic. Remote but beautiful, 19 organic ac, mostly cleared, adjoins state forest, 400 m river frontage. Two dams, ample sheds, as-new 2 b/r kit home, 240 V solar + backup generator, s/c/wood heater, gas stove/fridge, wide verandah, two car c/port. Unlimited clean water, f/trees, vegie garden, great views, 95% self-suff. Laid back lifestyle. \$102,000 ONO. Ph: 051-587-250.

**LAL-LAL**, Vic, 20 ac, 15 mins from Ballarat, open block, cabin, shady oak tree, power in front, ph on block, crk. \$50,000. Ph: 079-745-424.

**MANANGATANG** 8 mins, Robinvale 30 mins. Old Bolton Post Office, historic home (c1930). Besser brick construction, 0.6 ac with use of adjoining land avail. Renovated 16 sq. with 15 sq wide verandah, 3 lge b/r, 2 with glass doors to verandah. Main with BIR. Pressed metal ceilings, polished pine floors. All mod cons, modernised kitchen, dinette and bathroom. Gas cooking and combust stove. Large lounge with OFP. Ducted air conditioning, gas wall furnace. Established gardens, f/trees, grapes. Pipeline water & tanks. Large a/ground pool. School bus. Four lge kennels, concrete floored & cyclone fences - would suit other animals. Seasonal work abundant. Value at \$57,000. Ph: Brian, 050-261-980.

**AVENEL (NEAR SEYMOUR)**, escape to the country. Delightful 2 lge b/r with lock-up garage. Larger than usual rear garden area. Quiet central location, immaculate presentation & lge lounge, Heat Charm & reverse cycle air cond, elec stove. Ph: 057-962-258.

**FOUR HUNDRED ACRES**, of natural bush with 2 km frontage to the Gellibrand River. Lovely vistas across valley. Could be subdivided. Melbourne 190 km. Approved for conservation covenant. \$135,000. Ph: 052-433-740.

**BEMMRIVER FRONTAGE**, unique property 96 ac, approx 25 ac cleared, balance natural bush with tall gum trees, adjoining state forest. Six km from Club Terrace. Solid dbl brick home, 3 b/r, garage, brick machinery shed, incl Fiat tractor. Over 300 shrubs & ornamental trees. Abundant bird life. \$185,000. Ph: 051-583-243.

To avoid disappointment ensure  
your ad meets our deadline



# GRASSIFIEDS

## PROPERTY FOR SALE VICTORIA

DEADLINES: GR 117 - AUG 30TH  
GR 118 - OCTOBER 30TH

**WOODSIDE - SOUTH GIPPSLAND**, private & sheltered sml ac allot of approx 5 ac. Only 5 mins to popular Woodside surf beach, on the famous 90 mile beach stretch. This land has a nice rise & prepared, levelled house site, power, new fencing, planted tree guards & dam. Mostly pasture with some lge shade trees. Owners must sell and welcome genuine offers. \$36,000. SR Curry RE, Ph: 051-826-188, 018-547-129.

**THREE BEDROOM, MUD BRICK & cedar home**, near completion on 5 ac. Includes house, shed, solar power + generator backup, house, orchard & sml cherry orchard (200 trees). Situated on the beautiful headwaters of the Nicholson River, this property is part of the Nicholson Ck Co-op. Price \$68,000 ONO. Ray & Helen Dale, ph: 051-562-739.

**EAST GIPPLSAND**, mtns, 7 ac, perm crk, mud brick house, solar elec, s/c stove & heater. Price neg. Ph: 051-575-732.

**GLEN PATRICK - COUNTRY RETREAT**, high in the Pyrenees Ranges, 2 1/2 hrs Melbourne. Fabulous views, wildlife, go bush walking or pan for gold. Three b/r w/b home, septic w/c, new w/tanks, gas cooking & HWS, gas fridge incl, wood heater, 20 x 20' steel shed, chook pens. Robin generator, power avail. On fenced 2 3/4 ac with seasonal crk. \$52,000. Ph: 051-575-349, or 053-548-378.

**GREAT LOCATION IN HEART OF BEL-GRAVE**. Cosy cottage surrounded by tranquil gardens, close to shops, transport, schools. Nice views, 1/2 ac, 2 lge b/r, OFP & gas heating. Good community in the Dandenongs (eg LETS). \$92,000 ONO. Ph: Paul, 07-3356-3046 AH.

**MUD BRICK HOUSE**, on 1 1/2 ac. Wind/solar power, back-up diesel generator, windmill driven bore, tank storage capacity 20,000 gal, 11 sq house with central indoor garden, 4 b/r, rich volcanic soil, f/trees & gardens, dble size workshop/garage, 2 mins walk to crk, lovely views, warm side of Hepburn Springs. \$140,000. Ph: Robin or Glenn, 054-764-332.

**BRIGHT**, 8 ac, beautiful, secluded bush block only 2 km from town with 2 sheds, 1 lined & insulated. Young fruit & nut trees, perm well & seasonal crk adjoins bndry, tank water, ph connected, fully fenced. \$75,000 ONO. Ph: 057-224-008.

**NORTH-EASTERN Vic**, Whitlands, high country property, 298 ac, 50% cleared. Two b/r home with character set in old-world English type garden. Suitable for grapes, fruit, vegies or grazing. No herbicides or sprays used. Abundant water. \$290,000. VP Town & Country RE, 24 Rowan St, WANGARATTA. Ph: 057-212-036.

## TASMANIA

**NORTH TASMANIA**, 5 ac, perm dam, northerly level housesite, good access, ph, power at bndry. Primary school, village shop/petrol etc. \$30,000 ONO. Ph: 003-981-239.

**EAST COAST, CORNWALL**, 6 km from St Marys, 3 b/r w/b home on lge block, freshly painted. Two wood heaters, sewing room, lge modern kitchen, WI larder, gas stove & HWS, dbl garage, w/shop, lge undercover area, bird aviaries, lots of f/trees, magnif views. School bus past door to primary & high school, 20 mins to beach, 1 1/4 hr to Launceston. \$39,000. Ph: owner, 003-722-643.

**ST MARYS**, 20 mins to coast, 1 1/2 hr Launceston, 4 b/r w/b home, WI wardrobe in m/b/r, lge lounge with woodheater, mod kitchen, gas top cookers, elec oven, laundry, storage sheds, c/port. Cork tiled & carpeted floors, fully fenced level block, elevated views. Two mins to shops, all schools. \$57,000. Ph: owner, 003-722-162.

**BEAUTIFUL BRACKNELL**, nestled at foot of Great Western Tiers, only 20 mins from Launceston. Four b/r fully insulated home. Centrally heated and free hot water from lge combustion stove. On 1 1/4 ac plus 1 1/4 ac leased. Fenced vegie garden, estab f/trees. Pine lined t/out, pantry, storeroom, sheds, much more. \$99,000 ONO. Ph: 003-973-433.

**WARRENTINNA**, NE Tas, 1.5 hrs Launceston. Twenty-five ac grass, some bush, 4 b/r modern brick home, glorious mtn views, 2 perm streams, fish, plenty farm buildings, power, 10 mins to local villages, incl schools (high), f/trees, commercial daffodil plantings, you will be mayor of the valley. \$165,000 including option on forestry lease 20 ac. Ph: Malcolm, 003-542-121.

**ANSONS BAY**, NE Tas. Fisherman's playground, nature lovers' retreat. Near new timber cabin adjoining bushland, cross the rd to bay, close to boat ramp and jetty. Set up for w/end use but easily converted for full-time use. Includes inverter and battery, septic installed, 2000 gal tank, + furniture, fridge etc. Fully fenced & private. Yours for only \$49,000 ONO. Ring Bert or Marta, 003-763-138 or 0419-536-017.

**LOYETEA**, 1/2 hour to north coast, 40 acres, a/w/access, 12 ac cleared, remaining b/wood, s/wattle, r/forest, manferns. Permanent crk, w/fall, s/power, h/c/water, w/stove, combust heat, gen, w/pump, gas fridge, 6 room shack, all day sun. Orchard, shed. Near school bus stop, ph. \$70,000 ONO. J Walker, C/-PO, STH RIANNA 7316. Ph: 004-376-353.

**ST MARYS, SIX KILOMETRES**, sunnyposition, 5 mins to bushwalk, 20 mins to beach. Quiet, glorious view. Charming country style home on 1 ac, bay window, good size 4 b/r, BIR, big living-kitchen, wood heaters, laundry, septic. Detached studio with bathroom/toilet. Third building with huge living/kitchen, new brick oven & stove, elec stove, larder, bathroom/toilet. Shed, c/port, estab orchard, berries, organic garden, pristine unlimited water, free wood, low rates, school bus. \$59,000. Details: 003-722-595, Sunday to Thursday.

## SOUTH AUSTRALIA

**PERMACULTURE TITLE**, 83 scenic ac, 3 legal dwellings. Six semi self-suff 11 ac holdings each with: gravity irrigation, 120 tree orchard, vegie gardens, native revegetation, sheds/studios, toilet(s), tanks. Sixteen ac common, huge dam. Mt Barker, Waldorf School 10 mins. Adelaide 30 mins. \$550,000. Parts \$55,000 - \$180,000. Ph: 08-294-4990.

**TWO CHURCHES SITED ON** 1 ac of land converted to comfortable home. Original local stone building c1899 with new church building c1953. Providing all mod cons with own equipped bore. Each building provides lge living area with combined use of kitchen and other facilities. Price \$64,500. Van Voorst Black RE, 62 Woolshed St, BORDERTOWN SA. Ph: 087-521-933, 087-521-668 AH.

**SECLUDED PROPERTY**, between Bordertown & Narracoorte, 13 1/2 ac, 3 roomed rough but livable cottage. Bore, ETSA, ph, tractor, some shedding, mature pines, 1/2 ha young Chardonnay grapes. Very overgrown, needs TLC & handy person, great potential. School bus 8 km. \$40,000 ONO. Please ph: Brian, 08-384-6390.

**KINGSTON ROAD**, via Mundulla/Bordertown. Original local stone church 1899 with 1953 extensions converted to comfortable home, 1 ac, own bore, part furnished. \$64,500. Van Voorst Black RE, 62 Woolshed St, BORDERTOWN. Ph: 087-521-933, 087-521-668 AH.

**NEAR BALAKLAVA**, partly renovated quaint stone cottage c1870, comprising 6 main rooms + compact bathroom, galley style kitchen, laundry & outside toilet. Set on spacious tree-studded 3 ac, 8 km to township, school bus at door, only 1 hr from Adelaide. Would suit commuter who wishes to enjoy the best of both worlds. An interesting challenge for a resourceful person. \$69,500 ONO. Ph: 08-340-2247, leave message, or write to: PO Box 327, BALAKLAVA SA 5461.

**KANGAROO ISLAND**, central, close to facilities. Undulating fertile land, 212 ac, 26-28" rainfall. Eight spring-fed dams. Unlimited potential (marron, vines, olives, contract hay, fat lambs, irrigation, farm-stay tourism). Five b/r, 2 bathroom, dbl brick home. Ample sheds, yards. \$250,000. Ph: 085-385-045.

## WESTERN AUSTRALIA

**DISABILITY MODIFIED HOUSE**, 4 b/r, in town, deep sewer, 192 km from Perth. \$65,000. Ph: 096-811-129. PO Box 101, WYALKATCHEM 6485.

## COMMUNITIES

**FOR SALE**, 1 1/2 ac share in co-op near Maleny. Good live-in shed, plenty trees & water, beaut soil. \$22,000. Frank Bardsley, PO Box 31, TIN CAN BAY, Q 4580.

Make Your Editor Smile -  
Punctuate!

# GRASSIFIEDS

## COMMUNITIES

**NIMBIN**,  $\frac{1}{10}$  share 52 ha, council approved MO. Beautiful r/forest environment, 2 b/r home & studio on 2 ha. Wood stove, solar power/hot water, estab f/trees, \$75,000. Ph: Steve, 066-282-034.

**NORTHERN NEW**,  $\frac{1}{2}$  share for sale in 6000 ac property on the Upper Clarence and Cataract Rivers. Cleared river flats and forested hills abounding with wildlife, 20 ac personal use comprising 5 fully fenced paddocks with river frontage. Comfortable, fully equipped split level stone and timber dwelling sited with magnif valley and mtn views. Equipped with s/c/stove, solar AC and DC power, modern kitchen, ph and satellite TV. Outbuildings incl lge workshop & garage, bungalow, storage sheds, poultry shed, dairy, stables, tackroom and hay shed. Abundant water from tanks, dams and river. Established gardens with fruit & nut trees. Easy 2WD access 30 mins from Tabulam, 4 hrs from Brisbane. \$120,000. Ph: 066-661-373, 03-9439-5313.

**FAR NORTH COAST**, 35 km NW Lismore. Beautiful spacious, easy maintenance home, 4 ac, wide views, underhouse garage & workshop. Organic gardens, f/trees, complete privacy. Power, ph. Cabin, undercover c/van. Secure strata development. School buses, store. \$159,000. Ph: 066-337-033.

**SHAREHOLDERS WANTED**. Tallong, property in Southern Highlands, 2.5 hrs from Sydney. Solar powered, timber holiday cabin, 120 ac, mainly bush. Borders Morton NatPk. Spectacular views of Shoalhaven River, great base for bushwalks and river trips. \$5000/share. Ph: Kylie, 02-9948-7290.

**NIMBIN** - 3 km,  $\frac{1}{12}$  share on 65 ac, 3 dams, orchards. Artistic home with lge verandahs. Solar, gas & spring water. Organic garden. \$70,000. Ph: 066-891-564.

**THORA, NORTHERN NSW**,  $\frac{1}{3}$  share of 135 ac on Bellinger River, subtropical, lush forests, perm crk, lge orchard (mango, lychee, mandarin, pecan, avocado etc). Excellent community, Multiple Occupancy, separate deed for each share, 5 mins from Steiner school (primary & secondary), and state school. Spectacular, beautiful, clear legal set-up. \$48,000 ONO. Ph: 064-924-589.

**ATHAME COMMUNITY** (300 ac), offering several 5 ac shares in beautiful Snowy Mtn foothills, 150 ac. Community land, gardens, LETS system. Potential for part-payment by employment. \$15,000 per share. Ph: 064-584-001.

**FAR NORTH COAST NSW**,  $\frac{1}{13}$  share in 800 ac legal MO, bordering Bundjalung Nat Pk. Beautiful 2 b/r all timber house on 10 ac, private use. Magical forest setting. Abundant roos, wildlife, water, f/trees, lge work shed. \$89,000 ONO. Ph: 066-822-748 for details & photos.

**SOUTH COAST**, 30 km west of Eden, 2 shares in 500 ac, 25 ac total. Mud brick & timber house needs work, but is solid. Set in beautiful bushland with crk, 2 dams, r/w/tanks, sheds, f/trees. \$49,000 ONO. Ph: Jenny, 02-519-1237.

**PLACING AN AD?**  
See page 77 for details

**SHARES IN MT MURRINDAL CO-OP** are now for sale due to a member moving out. The shares incl a 15 sq brick veneer house and full outbuildings. Extra income avail from a fully central heated accom unit attached to the house. Price \$125,000 ONO. Approval of the sale would be required from other co-op members. For info, photos etc, call: 051-559-200 BH, or 051-550-225 AH.

**KYOGLE**,  $\frac{1}{2}$  share in 960 ac, 10 ac share, f/trees, spring water to all of share, gravel access & privacy. \$30,000. Ph: Tracey, 066-251-422. PO Box 492, LISMORE 2480.

## BUSINESSES FOR SALE

**AUSTRALIAN SPIT ROAST PROFESSIONALS**. Rated one of the top 10 franchises in Australia, is for sale at a greatly reduced price due to ill health of owners. Territory covers Hobart and surrounding area, unlimited potential. Work from home, full or p/time. All equipment incl 3 gas-fired spit, plates, cutlery etc and Nissan Urvan, + forward bookings. Price \$26,500. Ph: 002-613-122.

**SHOP/TEA GARDEN**, 35 km NW Lismore, far nth coast, in Strata title community, alternative lifestyle in beautiful surrounding, regular dinners/entertainment, secure income, p/time work. Half or  $\frac{1}{4}$  share for sale from \$18,000 ONO. Contact: Peter or Ushi, ph: 066-337-155, BH, 066-337-117 AH.

**CELLULOSE INSULATION MACHINE**. Manufactures and installs on site. Portable on trailer. High Profit @ \$500 for 3 hours work. Divorce sale at \$12,500. Ph: 066-795-538.

## PROPERTY WANTED

**WANTED: HOUSE ON ACREAGE** along nth NSW coastline. Vendor terms over 2 years. Renovator's delight welcome. Ring: Melb, 03-9439-6651.

**VICTORIAN ALPINE REGION**, secure lease/vendor terms, house with horse paddock, near secondary school. Good refs. Ph: 03-9770-5667.

## FOR RENT

**NAMBUCCA HEADS**, nth coast NSW, lovely lge room avail for rent. Suit person or couple interested in environmental issues who want to live in seaside town. \$75 per week incl elec. Ph: Abigail, 065-685-165.

**TWO BEDROOM MINERS COTTAGE**, large block, rent negotiable for gardening and maintenance. CHARTERS TOWERS. Ph: 077-873-931.

**CARAVAN SITE**, about 1 acre on 5 acre block. Suitable for couple with fully equipped caravan - shower, toilet etc. Water and elec available on block. Further details ring: 057-981-627.

**RENTAL**, nth-facing 3 b/r colonial, 25 km tar-sealed west of Forster. School buses past door-step. Rest of property agisted dairy. Ph: 02-416-2495.

**DALBY - QUEENSLAND**, long-term lease avail to environmentally responsible tenants. Suit couple without children, 40 mins west of Dalby. Superbly secluded, solar powered, 2 storey, homestead on 40 ha. Chemical free. Suit organic gardening, health retreat or cottage industry. Wildlife sanctuary/forest setting, lge shaded vegie garden, chook pen, dog pen, stables, sheds. Plenty of water. Contact owners: 076-682-171.

**LARGE CARAVAN**, Hunter Valley bush block, for vegetarian, n/s person(s), exchange assistance, share house. Visitors/helpers welcome. Ph: 049-382-036.

**HOUSE TO SHARE - HEALESVILLE**. Female 35 yrs, home aromatherapy business & 1 cat, living in open plan lounge/dining/kitchen house on the edge of Maroondah reserve & water catchment area. Lease until Jan 1998. Prefer 30+ nonsmoker, very light social drinker, healthy, spiritually aware, open person. Offering 1 b/r, 1 study & sep toilet/shower for \$390 pcm. Ph: 059-621-339.

**FOR RENT/CARETAKE**, bush property: responsible, mature, self-reliant person/couple sought to caretake bush property on Darling Downs, SE Qld. References essential. Low rent to right people. PO Box 952, DALBY Q 4405.

## WANTED TO RENT/CARETAKE

**LISMORE AREA**, tradesman studying horticulture p/time, wife at univeristy & 3 children, want house in close vicinity of Lismore area. Minimum 3 year lease wanted. Land must be large enough to accommodate vegie garden and poultry. House to be minimum 3 b/r with either study/sleepout & garage/shed. Happy to maintain house and garden in great condition. Have excellent personal and real estate refs, n/s and no cats/dogs. Needed from early January '97. Visiting Lismore in August 1996. Contact: David, 02-686-4662 evenings, or 38 Virginia Ave, BAULKHAM HILLS 2153.

**COUPLE LIVING IN NOWRA NSW** want to try an introduction to self-suff by growing our own vegies etc. Want to rent or caretake house or cottage, 1-2 b/rs, mains elec & water, within 50 km Nowra. Have lease until late September. Have well behaved Jack Russell. Please contact: William, 3/423 Princes Hwy, BOMADERRY 2541. Ph: Thursday night only 044-235-122.

**NSW, WANTED TO RENT**, caretake or work for cheap house in or near bush, forest. Honest male, 32 yrs, easy going, have experience in home renovation. Ph: Michael, 063-863-148. 56 Scott St, HARDEN 2587.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## EXCHANGE

**LUXURY MOTOR HOME**, 37 ft, for sale. Built for two, would suit permiliving. \$125,000, or would consider trade for quality r/forest acreage, need perm water. Prefer bndry on nat pk, northern NSW or Qld. Ph: 018-142-789.

## WANTED

**AUSTRALIAN MALE**, 56, n/s, very moderate drinker, reliable, not afraid of hard work, is looking for work and accom anywhere, doing almost anything. Refs avail if required. I am genuinely interested in making a perm change and look forward to hearing from anyone interested. Please reply: David (GR 116), C/- PO Box 242, EUROA 3666.

**NATIVE PLANT MATERIALS**. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677.

**MALE, INTERESTED IN FREE 'HOLIDAY'** exchange self-suff help for cottage on acreage. June 44 Worongary Rd, TALLAI 4213. Ph: 07-5525-1539.

**DALRAC PRESS** wanted to buy, or detailed plans for constructing one. Contact: S Marsh, MS 464, via HELIDON 4344.

**WRITER, ARTIST**, gay lady, 53, needs occasional accom/camp site forested part Murray River. Can exchange Beechworth Vic c/van on bush block. Ph: 057-282-613.

**SINGLE MUM** with 7 yr old son planning to travel Australia 1997 is looking for company of sole parent, preferably with boy and own van. Itinerary negotiable. This could be something you've wanted to do but lacked the company or support? KK, PO Box 276, SOUTHGRAFTON 2460. Ph: 066-448-123.

**YOUNG COUPLE SEEK LIFESTYLE** in natural surroundings. Possibilities incl accom in exchange for work, caretaking arrangement, or joining existing community. Long-term arrangement preferred. Interested and involved in permaculture, environmental issues, organic food production. Any area considered. Ph: Bernie and Laely, 041-927-2365. 'Moorangury', BUNGOWANNAH 2642.

**JAM MELON SEEDS**, not the ones with scattered seeds, but just seeds in the centre like in rockmelons. L Beggs, 22 Tarrawingee Rd, MUMBIL 2820.

**CARETAKER NEEDED!** Moora Moora Community near Healesville, Victoria, is looking for the right person(s) who would enjoy living amongst the community & in fresh mtn air, to care for our community centre. This job involves approx 8 hrs work each week in exchange for own flat. The caretaker(s) must be able to represent the community, welcome visitors & volunteers, delegate & undertake cleaning & light maintenance work at specific times. Please apply in writing to: Susanna Luebbers, PO Box 214, HEALESVILLE 3777.

**DEADLINES: GR 117 - AUG 30TH  
GR 118 - OCTOBER 30TH**

**I'M ANXIOUS TO CONTACT** another GR reader - a Mr Carl Rose (recently Nanago Qld). He has moved on somewhere and I have some news for him which I hope will help. He has a large vehicle I think. So if any GR knows of his address, I would be very glad to make contact. Iriss Quigley, Zara Rd, CHILLINGHAM NSW 2484.

**MINERALS/FOSSILS**, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples incl quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

## HANDCRAFTS

**COLOURED FLEECES**: easy spin, long staple, medium to rug wool. Ph: 069-464-439.

**CRAFT SUPPLIERS FREIGHT FREE** - lge range to suit many crafts including beading, folk art, floral art, doll & bear making, etc + general craft lines (everything from adhesives to bells to pompoms to tassles to halfpots to Dream Catcher parts). Send \$3.00 (refundable off first order) to: E & J Owen, 2/4 Commerce Lane, TAREE, NSW 2430, for 40 pg catalogue.

**CRAFT WORKSHOP VIDEOS**: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles incl spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lace making, felting, fabric painting & more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 052-868-224.

**COLOURED FLEECES**. Fine to medium handspinning quality, strong for felting/weaving. Natural, washed and carded, spun lots to order. Ph: Melissa, 053-689-390, Carmen, 053-689-580.

**AROMATHERAPY REQUIREMENTS**, fragrances & raw materials - for all aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for FREE mail order catalogue to: Auroma, 39 Melverton Drive, HALLAM 3803. Ph: 03-9796-4833, fax: 03-9796-4966. Or visit our shop at 86 Burwood Rd, HAWTHORN 3122, ph: 03-9818-2673.

**To avoid disappointment ensure  
your ad meets our deadline**

**NATURAL COLOURED WOOL** - scoured & carded, ready to spin! Variety of shades, in compact rolls. \$25 per kg + postage. For stock-list send SAE to: Shiloh Easy Spin Wool, PO Box 295, DRYSDALE, Vic 3222. Ph: 052-512-497.

**HAVING DIFFICULTIES OBTAINING** sml gauge brass screws, hinges, catches, & associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g etc from 1/4" long to 1". Also various woodworking tools, glues & abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off first order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 051-521-001. Fax: 051-521-001.

**THREAD BUNDLES**, stranded cotton in bundles of 100 x 8 m skeins in 50 assorted colours. Shades matched to DMC - \$29 post free. The big bundle of 240 colours - \$60 post free. 50 (25pr) wooden lace bobbins, torchon style popular design, excellent for beginners \$49 post free. Price list avail. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-277-3763.

**AAAAA/FRAGRANT CRAFT SUPPLIES** direct from source - potpourris (botanical & gemstone), fragrances (inc similar to Chanel, Opium, etc), botanicals (roses, lavender, orris, etc), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as \$14.40/kg (potpourri), \$26.40/kg (fragrances). Write for free mail order catalogue or visit our extensive, centrally located showroom/factory outlet ... Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677, fax: 03-9481-1393.

## FOOD AND KITCHEN

**REPLACE THE LOST OXYGEN** in your water and kill all bacteria and virus with aquashield hydrogen peroxide stabilised with colloidal silver. One litre only \$34 incl p&p. Get free book worth \$8.50. Call 1800-681-611 now. Credit card accepted.

**DELICIOUS RECIPES ON INTERNET**. [www.ozemail.com.au/~coeliac](http://www.ozemail.com.au/~coeliac)

**BEE POLLEN, NO ADDITIVES**, 450g sample pack \$9, 1.9kg pack \$32.50, 4.7kg pack \$65, 14kg drum \$175. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE 5253.

**HOME STONE FLOUR MILLS** - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enqs welcome.

## MISCELLANEOUS

**'HOW TO CUT BOYS' & GIRLS' HAIR'**. Detailed instructional 45 min video. \$29.95 incl postage. Kerry Wright, Box 793, GLADSTONE, Qld 4680. Ph/fax: 07-978-2449.

# GRASSIFIEDS

## MISCELLANEOUS

**HEAVY DUTY CONCRETE MIXER**, 3 1/2 cu ft bowl. Motor needs work. \$300. Ph: 046-819-376.

**DOLL'S CLOTHES**, to fit Cabbage Patch. Pack of 5 outfits, \$15 per pack, post free. B Smith, 73 Argyle St, FAWKNER Vic 3060. Ph: 03-9359-5692.

**SLOW COMBUSTION WOOD STOVE** and hot water system, overhead 250 litre receiver tank, 12 ft steel stand and 200 litre header tank. Ready to use, \$1200. Kero fridge in excellent original condition and book and brushes, \$800 ONO. Seasoned timbers (structural and furniture grade), solid timber doors and windows, older style household fittings etc. Ph: Holbrook Trading Post for reasonably priced recycled building materials, 060-362-925.

**BE YOUR OWN BOSS**. Three different almost unknown profitable businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to: Peter Gardiner, Box 571, LIGHTNING RIDGE 2834.

**750 WATT DUNLITE WIND GENERATOR** and telescoping 10m steel tower (engineer designed) for sale, excel condition. \$2000. Garry Menzies, 6 Harefield St, INDOOROPILLY 4068. Ph: 073-378-7852.

**TIPIS**, 10'-22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 057-622-145. Tipi hire avail.

**CHIP HEATERS**. No electricity needed for instant hot water, operates from town or tank water supply. Enquiries: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

**STOP DRINKING POLLUTED ROOF RUN-OFF!** PFR valves are the proven EFFECTIVE way to keep harmful roof-sourced pollutants (paint flake, agrispray, faeces, etc) OUT of your family's water supply. GUARANTEED! Drink PURE WATER, not filtered pollution! Easyfit! Install - Relax! No ongoing costs! From \$36. FREE information: PFR, Box 65, EIDSVOLD 4627. Ph: 071-651-484.

**NATURAL SKIN CARE PRODUCTS**, hand-made soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

**TRIDENT TIPIS**. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Touch the Earth', Mogo Crk via ST ALBANS NSW 2775. Ph: 045-682-062.

**MAKE CONCRETE BLOCKS**, pavers, borders to use or sell. Steel inventions from \$345. Leaflets from: Forest Farm Research, LODONDERRY 2753. Ph: 045-725-312.

**PLACING AN AD?**  
See page 77 for details

**HAMMOCKS** - Brazilian: woven body, Mexican: netted body. All doubles, strong & durable cotton. A relaxation must for babies through to grandparents. From \$65 + p&p. For info write to: Hang About, 135 Tower Rd, ALAWA, NT 0810, or ph: 08-8948-2208.

**MUD BRICKS**, 9000 compressed earth bricks, 10 x 12 x 4", on pallets. \$7000. Transport to Melbourne can be arranged. Ph: 069-931-160 or 018-696-051.

## LIVESTOCK

**EMU CHICKS**. Great pets and money makers. Require heating and licence. Extra cheap, \$19 each. Ph: MEENIYAN, 056-647-303.

**OUTDOOR PIGS**, Wessex Saddlebacks. Weaners now avail in Mackay Nth Qld. Ph: Donna Trask, 014-666-852.

**COLOURED RAMS**: long rug wool, medium wool. Coloured lambs avail February. Ph: 069-464-439.

**MINIATURE AUSTRALIAN COMPANION PIGS**, estab 1978, breeders & pets. Colours: black, black/white, white, red. Foundation stock from \$500. See GR 109 all details. Brian Doggett, PO Box 36B, YARRA JUNCTION 3797. Ph/fax: 059-666-246.

## COURSES

**AMAZING NEW FISHING**, boating, sailing inventions you can build and sell. Brochures: send \$2 stamp to CanoeWorld, 32 Venner Rd, ANNERLEY 4103.

**PERMACULTURE COURSE** - introductory. Five Mondays from 19 August, 6-8.30 pm and Saturday field trip. \$90 (c\$40). For bookings, ph: Jill Finnane, 02-212-5275.

**PERMACULTURE DESIGN COURSE** in your own home, to suit your needs, interests & goals - your hours! Permaculture Visions provides interaction with your personal tutor, support staff, 100s of pages of up-to-date plain English information, illustrations, project ideas, videos, computer disc version and fast talk via Email. Send \$15 for prospectus, refunded on enrolment. Live each day in a greener way. Leisure Coast Permaculture Visions, Cordaux Rd, MT KEMBLA VILLAGE 2526. Email: askpv@ozemail.com.au

**HERBAL MEDICINE**. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

**DOWSING - STUDY & EXPERIMENT** with dowsing, radiesthesia and radionics at home! A course in radiational techniques for health and agriculture, incl DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

**PERMACULTURE BY CORRESPONDENCE**. Six 'accredited' courses available including 'Permaculture Systems' and 'Advanced Permaculture' (both modules on the National Register). Studies lead to Permaculture Institutes PDC, Austudy available. Australian Correspondence Schools, ph: 07-9736-1882 or 03-9736-1882. Free 80 page handbook. E Mail: aacs@qldnet.com.au

**HUNTER - NEWCASTLE** Permaculture courses. Demonstration farm based small group learning. Emphasis on practical applications. Urban and rural design. Trevallyn Permaculture Centre. Ph: 049-389-528. PO Box 22, PATERSON 2421.

**CORRESPONDENCE STUDIES**. Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 business hours only.

**SELF-RELIANCE ON YOUR OWN PROPERTY**. This Permaculture course will provide you with practical skills, techniques and info to create your own productive and low maintenance property. Topics covered: design, species selection, establishment and integration of vegie gardens, orchards, tree crops, dams, healthy & energy efficient homes. Learn at Crystal Waters Permaculture Village through tours, demonstrations, hands-on practice, slides & talks by Frances Lang & Max Lindegger, tutors of over 1000 people in 17 countries. Dates: September 1-14, Jan 5-18th 1997. FREE Permaculture info kit: Green Harvest, 52/G, Crystal Waters, MS 16, MALENY Q, 4552. Ph: 074-944-676.

**PERMACULTURE BY CORRESPONDENCE**. On completion you will have a full permaculture design and management plan for a property of your choice and be qualified to teach and practise permaculture. (We also teach 2 week residential courses). For more info send SAE to: The van Raders Family, The Green Piece Permaculture Garden, PO Box 389, MALANDA, near Cairns, 4885 Qld, or ph: 070-965-138, or email: vanraders@peg.apc.org

**PERMACULTURE DESIGN COURSE**. Time: Friday 27 Sept - Sunday 6 Oct 1996. Venue: 'Willuna', Chiltern NE Victoria. Temperate climate demonstration farm. Tutors: Vries & Hugh Gravestien. SAE to: V Gravestien, RMB 1130, CHILTERN 3683. Ph: 057-261-596.

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Punctuate!**

# GRASSIFIEDS

## GARDEN AND ORCHARD

**EARTHWORMS, FREE**, the most comprehensive catalogue of books on this subject send bus size SAE. Worm World, PO Box 204GR, ROLLINGSTONE 4816. Ph/fax: 077-707-001.

**SUCCULENTS – NAMED VARIETIES**. Excellent collection 55 different named varieties, all separately labelled for only \$20, post-free. Wide range varieties, colours & types, suit pots, baskets, rockeries etc. Outstanding for beginners & collectors. Prompt delivery. Eighteen page descriptive list (over 500 varieties) avail for 3 x 45c stamps. Succulents are colourful, beautiful, easy to grow, interesting plants requiring minimum water & care. Mail order only. Write to: Mildura Succulent Supplies, Box 756, MILDURA, Vic 3502.

**COMPOSTING AND BAIT WORMS**: \$12 for 1000, \$20/2000, \$38/4000. Pamphlet incl, mail order, credit cards. Wondalga Worms, ph: 069-464-439.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE. Ph/fax: 051-579-404.

**QUALITY ORGANIC TOBACCO SEED**, (min 60 plants). Easy techniques for striking, growing, harvesting, drying, curing & cutting. Simple leaf press plans. Seed saving instructions. All you need for FREE TOBACCO FOREVER. City GRs also win with this terrific money saver – tobacco grows successfully in pots (even indoors). Ongoing advice avail. Cost \$14.50 (incl p&p). Pete Bradbury, Box 65, EIDSVOLD 4627. Ph: 071-651-484.

**COMPANION PLANTING CHART**. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

**GOURD SEEDS**, mixed ornamentals, mixed hardshells, mixed orn + hardshells, luffa sponge, calabash, snake bean, bottle medium, coloured corn \$4.50 pkt – minimum purchase \$9.00. Or 1 free \$4.50 pkt when you purchase 52 page *Gourd Growers Handbook* for \$16. Bulk pkts – 30 seeds \$10 ea. All price incl postage. Send your order to: Gourd Father Quality Gourd Products, PO Box 298, GR, EAST MAITLAND, NSW 2323. Money back guarantee!

**RAINFOREST SEED COLLECTORS** national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

**CHILLI SEEDS**, extra hot variety, miniature growing, suitable pots or hanging baskets (away from kids/pets). Send 5 x 45c stamps for seeds, cultural notes, recipes & uses. Dragon Breath Chillis, 49 Bowen Street, CAPALABA 4157.

**DEADLINES: GR 117 – AUG 30TH  
GR 118 – OCTOBER 30TH**

**COMPREHENSIVE CATALOGUE** Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

**TOBACCO SEEDS**, best quality & flavour, \$5 incl seeds and instructions. E Madge, MS 626 Kin Kin Rd, POMONA, Qld 4568.

**HAVE YOUR GARDEN GROW** like a r/forest – with constant moisture. For consistently the best value in water absorbing crystals. All sizes from 200g to 25kg. Call 1800-681-611 now! Credit cards accepted.

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association! Get a copy of our 3rd 'Seed listing' issue of *The Curator*. This issue has 55 pages listing the sources for thousands of vegie, herb & fruit varieties. Membership costs \$20 PA. It is simply the best Australian seed source listing. Contact: HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

## HOLIDAYS

**HOME-AWAY WEEKENDS** – fairytale cottage tucked away on G/C Hinterland acreage. Meals, massage, fire, magic. \$100 pp inclusive. Groups welcome. Ph: 07-5525-1539.

**HERON ON EARTH**, rent an organic farm for a day or a week, northern Tas. Fully equipped (incl bedding) modern 3 br solar home. Pick your own produce (raspberries, asparagus), collect eggs, help milk the cow. Close to beaches, nat pks; bikes & canoes avail. Moderate rates. Info & booking ph: 004-286-144.

**LITTLE DESERT VIC**. Bushwalking, bird-watching, wildlife. Come experience the quietness. Discount weekday price \$45 double includes breakfast basket. Halfway between Melb and Adel. Little Desert Log Cabins & Cottage. For a color brochure ph: 053-891-122.

**EUROPEAN HOLIDAY**. Restored 130 yr old barn-house, fully furnished. Secluded French hamlet. Famous Perigord Noir region. Privacy but central. Authentic French taste. Foie gras, truffles, Bordeaux wine. Swim in the Dordogne River. A story to be told. Rent neg. For further info, ph: Sasha & Stephen, 09-381-8983.

**CHRISTMAS CREEK, LAMINGTON**, 2 b/r, secluded cabin, magnif views, r/forest, bush walking, abundant birdlife. Linen suppld. Ph: 075-448-166.

**GET BACK TO NATURE** at Barmah on the mighty Murray. Explore the largest natural river red gum forest in the world. Canoe the world heritage wetlands of international importance, off the beaten track, where wildlife abounds. For info kit ph: 058-693-347, or write to: Gondwana Canoe Hire, C/- PO, BARMAH, Victoria 3639.

**BED AND BREAKFAST**, r/forest, organic farm: bush walks close to beaches, Comboyne Plateau, Crowdy Head Nat Pk, 1/2 hr Port Macquarie. Tasteful, private room with bath-room, library. \$65 double per night, evening meal – 3 course – can be eaten privately. Ph: Di, 065-567-691 or 539-564.

## SERVICES OFFERED

**WE OFFER UNBIASED** up-to-date information on vaccination for a small donation (\$5 or \$10) to help cover costs. We are a parent run organisation who believe it is the parents' right to decide medical procedures for their children. Vaccination Awareness & Information Service, PO Box 9086, MANLY WEST 4179.

**HOMEPLANS**. 90 plans for handcrafted homes of mud brick, rammed earth, stone & pole frame construction. Mail \$58 (postage incl) for *The Earth Builders Construction Detail & Plan Catalogue*, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard accepted.

**THE PRIMAL PLACE**. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity and the material world. The transpersonal vision is one in which compassion, love and responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability and potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound and deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives and are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work and projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax and feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE, Vic 3555. Ph: 054-413-683.

**To avoid disappointment ensure  
your ad meets our deadline**



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## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

**AFFILIATED DONKEY SOCIETIES OF AUSTRALIA.** For info on membership, magazines and help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

## HEALTH AND BEAUTY

**KEFIR, A NATURAL HEALTHFOOD.** Grow your own. Send SAE for info. Kefir Starter, \$10 p&p. C J Lohse, C/- PO PROSTON 4613.

**HAY FEVER** desensitisation with bee pollen. 450g \$9, 1.9kg \$32.50, 4.3kg \$65, 14kg drum \$175. Prices include p&p plus directions. J M Read, 8 River St, MURRAY BRIDGE 5253.

## CALENDAR EVENTS

**THE MAFFRA AVON OWNER BUILDER** and Briagolong Primary School invite you to the 1996 Open House Day. Over a dozen owner built homes incl mud brick and stone will be open. On site expert advice. Displays from businesses dealing with owner builders. BBQ lunch avail. Sunday Oct 13, starting at Briagolong Mechanics Hall, Maps avail from 10 am until 1 pm (houses close at 4 pm). \$15 per car. Further info: Briagolong Primary School, 051-455-260, or MAOBA, 051-455-551.

**MUD BRICK HOUSE TOUR**, on Saturday Sept 7, in the Bega Valley. This self-drive tour will feature a range of different construction methods, budgets and styles of mud brick building as well as on-site demonstrations of machine-pressed and puddle brick making. Food and refreshments avail, all proceeds to Mumbulla School for Rudolf Steiner Education. Cost \$20 per car incl maps and info. Contact: Sharon Champagne for bookings on 064-927-306.

**PERMAEVENT**, Sunday 27 October 1996. Speakers, workshops, alternative healing. All welcome. For details contact: V R Gravestine, RMB 1130, CHILTERN Vic 3683. Ph: 057-261-596.

**FIRST AUSTRALIAN QUILT & CRAFT Festival** - displays, workshops, fashion shows. Oct 17 - 20, Royal Melbourne Showgrounds. All enq, ph: 03-9417-0052.

## OPPORTUNITIES

**NATURE WRITING COMPETITION** sponsored by the Friends of Mallacoota, 1500 words of poetry or prose on the subject of nature, Adult (over 18) prize \$200, Youth (under 18) prize \$75. Entry \$2, deadline Sept 30, 1996. Forentry form send SAE to: Estelle McKenzie, Nature Writing Comp, C/- PO, MALLACOOTA 3892.

### PLACING AN AD?

See page 77 for details

**EARN A HIGH INCOME** from a \$318 investment. For details contact: Murray Secomb, 14/104-134 Eggins Drive, ARRAWARRA 2456.

**FREE ACCOMMODATION** on 160 beautiful ac west of Bundaberg, SE Qld. Caravan (with power & water) rent free in exchange for 8 hrs help per week in garden. Option to share in sml business growing fruit and plants for market. Share property with vegetarian couple (n/s, n/d). Prefer single woman or mother and child. Wayne & Milu, PO Box 235, GIN GIN 4671. Ph: 071-572-7336.

**FINANCIAL FITNESS** is your business. Home based business is the key. Send for help. Request SAE to: Freebird, Lot 6Q, Research Rd, WARRANDYTE 3113.

**OPPORTUNITY OF A LIFETIME!** Proofread our Elite-Series in GERMAN and keep them all! Nutrition, genetic manipulations, mind power, paganism, NWO, UFOs, Secret Societies, etc. Foreign Language Translator wanted. Special offer applies. QDW, PO Box 393, NORTHBRIDGE WA 6865, Australia.

## PUBLICATIONS

**DONKEY BOOKS:** *To Own A Donkey*, by Jenifer Simpson, 80 pages, hard back, photos. \$15 posted. *Walkabout With Donkeys*, by Jenny Osten, also *Pack Donkey on the Trail*, by Jenny Osten. A training & gear DIY. \$10 each posted from: J Osten, PO Box 285, COOROY 4563. Ph: 074-470-193.

**'GRASSROOTS'**, 36 to 65, 68 to 72, 74 to 78. Total 38 copies. \$1 each + postage. Ph: 09-272-8174.

**BOOKS - JUST FOR YOU.** Are you seeking any special book? Contact: Pamela, PO Box 263, MAYFIELD 2304.

**BOOKS, OLD AND NEW.** Send for general list. R Suters, PO Box 127, FIGTREE 2525.

**EARTHWORMS.** Learn how to breed them for gardening, composting, fishing, selling. Free booklist from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049 (formerly Mooloolaba). Ph/fax: 08-377-2668.

**'GRASSROOTS'**, 67-97 & 2 binders. \$70. Ph: 08-398-3656.

**'WE OF THE MILDEW TROPICS'...** A light-hearted stroll through life in the Wet Tropics by Susan Hands. Priced at a tiny \$7.50 plus \$1 for postage. Send to: PO Box 1305, INNISFAIL, Nth Qld 4860.

**'PANTHOLOGY'.** A digest of Paganism, Shamanism, Magic, Wicca & Sacred Ecology from around the world. A broad spectrum magazine with something for everyone from the new seeker of the Old Faith to the familiar territories of the devoted thinker. Subs, \$10/4 issues, to: PanThology, LPO Box 300, ANU, ACTON 2601. Free sample to GR readers with SAE. New Address.

**AVAILABLE, GRASS ROOTS ISSUES:** 10, 12, 15, (winter 1979), 19-32, 34-42, 44, 75, 77-81, 88, 92-94, 97-98, 100&1 & 104 also 'Bumper Book'. Any decent price taken. Ph: 059-671-474, ask for Kai.

**UNIQUE FREE ENERGY DEVICES** and alternative technologies catalogue. Send international reply coupon or NZ 80c stamps to: Lostechs Archive, Box 96, Piha, Auckland, NEW ZEALAND.

**FREE SAMPLE COPY:** of colourful, 64 page, quality textile magazine, *Textile Fibre Forum*. This publication covers all the textile arts in the Australian region and includes New Zealand plus an international component. Just write to TAFTA, PO Box 38, THE GAP 4061, and send \$1.80 in new postage stamps to receive your free sample copy. You'll love this magazine. No obligation.

**'AUSTRALIAN TOBACCO'.** How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

**'AUSTRALASIAN HEALTH & HEALING'.** Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, & by subscription, \$37.90 or \$39.90 with *Health & Healing* Newsletter per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

**'NEXUS NEW TIMES'** magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

**'NIMBIN NEWS'** is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

**'THE PERMACULTURE EDGE'** magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## PUBLICATIONS

**'THE OWNER BUILDER' MAGAZINE.** Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice and articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 054-681-899.

**'THE SEED SAVERS' HANDBOOK'** by Michel & Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

**BOOKS. NEW & OLD.** Australian, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

**'NATURAL HEALTH'**, the magazine of the Natural Health Society. Subscribe today, \$34 yearly & receive: 6 vital magazines, discounts at participating health food stores & natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 047-215-068.

**BOOKS & TAPES** by mail from New Broom Books. Send now for free illustrated lists of meditation tapes, inspirational books, tarot cards, etc, from: New Broom Books, PO Box 66, GOORNONG Vic 3557.

**DONKEY BOOKS** by mail. Lists from Broomtail Publications, RMB 3030, EAGLEHAWK 3556. Fax: 054-463-749.

## CONTACTS

### NEW SOUTH WALES

**HORSEMAN**, 45 yr old, I help run a programme that helps kids gain a better understanding of life. I live on 5 ac on the Blue Mtns, where I am working toward being more self-suff every day. Dearly love to hear from a lady up to 45 yr old. The lady I seek will be a very special type of lady. I will kill her with kindness and respect. I have a good temperament and am very sound. I don't drink or take drugs. I am an Aquarian and I love life. All mail answered, send photo. Ye-ha, let's get on with life. PO Box 334, LITHGOW 2790.

**MADENOUGH TO SURVIVE**, usual number of hangups, wicked SOH, lesbian, 39. Likes reading, writing, talking, seeks same - or totally different - for letters, friendship, maybe more. Shirley (GR 116), C/- PO Box 242, EUROA 3666.

**AQUARIAN, FEMALE**, 40, seeks correspondence from male grazer, farmer. Interests: horses, wildlife, birds, garden, art, music. C/- PO Box 103, KEMPSEY NSW 2440.

**WE (M&F) WOULD LIKE TO SHARE** family lifestyle, children, with compatible lady. Interested in arts, education, children etc. Reply: J (GR 116), C/- PO Box 242, EUROA 3666.

**DEADLINES: GR 117 - AUG 30TH  
GR 118 - OCTOBER 30TH**

**TINKER KEN** seeks a creative female partner to help market bush antiques, crafts and collectables to the city. Would suit unemployed creative lady 30-50 y/o. Willing to relocate and able to drive. Tinker Ken (GR 116), C/- PO Box 242, EUROA 3666.

**GYPSY LOVE.** It would be delightful to have a love full of affection and comfortably intimate where the emotional needs of both were truly fulfilled. Perhaps those are dreams of many, yet it seems that reality is that part of dreams which is forever elusive.

Living as I do in a mobile home introduces elements which determine the nature of any relationship. The closeness of the environment dictates that the relationship must be extraordinarily close and asks for a high degree of tolerance of each other.

The nature of the partners needs to be similar in many respects; their likes, aspirations and emotional desires must be parallel. To blend with myself you would need to possess a quiet and somewhat reserved nature; almost shy; yet, desire in your heart a sharing and affectionate relationship.

While age is not important, I am 43, the lady must have a mature mind and attitude. She should be slim of build and have an appreciation of the simple things of life. A man would be fortunate to have such a partner, and perhaps that is all asking too much, yet, I would like to believe that there is a lady who feels the same and could accept a gypsy life.

Above all, the desire for a deeply affectionate and intimately loving relationship, blending in each other's comfort and care, totally devoid of contrasts and disputes is paramount.

I wish, I wish, I wish, that such a love could be mine. Nonsmokers only. Replies to: P (GR 116), C/- PO Box 242, EUROA 3666.

**MAN, 35, SEEKS WOMAN**, interested in cycling, camping, canoeing etc. I have a simple 'GR' lifestyle which I'd love to share with similarly sincere, honest friend. Possibility of f/f ship enriching. All correspondence answered. PO Box 837, BEGA 2550.

**TALL, SLIM, gay guy**, 43, likes music, golf, fishing, gardening, bush, quiet times, loving & caring. Wanting to meet gay or bi guy for friendship r/ship, around Bathurst, Orange, Cowra area, can travel other areas. Write: Aquarian, PO Box 13, CARCOAR 2791.

**LADY, YOUNG 52**, fit and active, enjoys outdoor life and home life in general, animals, gardening, craft, nonsmoker, s/drinker. Seeking active man for perm relationship 48-56 y/o. Must be financially secure, photo appreciated (recent). All replies answered. Replies to: MM (GR 116), C/- PO Box 242, EUROA 3666.

**To avoid disappointment ensure  
your ad meets our deadline**

**GENT SEEKS UNINHIBITED LADY** (age open); only if want lots tender loving care, massage, healthy living. I am caring, fit, tall, youthful 66, can relocate anywhere. Your place or mine. RJ (GR 116), C/- PO Box 242, EUROA 3666.

**MALE, 50s**, north coast, enjoys nature, bush, beach, n/s, s/d, employed. Into natural health/wellbeing. Likes walking, reading, learning. Seeks hippy lady. Age open. PJ (GR 116), C/- PO Box 242, EUROA 3666.

**QUIET, GENUINE, COUNTRY WOMAN, 49** (separated), seeks older male correspondent. Sabbath Keeper (GR 116), C/- PO Box 242, EUROA 3666.

**CREATIVE, IMAGINATIVE TAUREAN lady**, 31, 3 children (6, 4, 2), seeks to leave unhappy setup, live an alternative lifestyle with like-minded man, early 30s, values family life, digs late 60s early 70s music. I'm medium build, seek similar, don't need porno freak, drinker who'll compare, hassle about idealistics on female form (been through anorexia, bulimia). Recent photo appreciated, drop a line: Petra (GR 116), C/- PO Box 242, EUROA 3666. Ph: 066-721-720.

### PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

### QUEENSLAND

**HANDSOME, INTELLIGENT, ARTICULATE**, healthy, well educated, creative, loving man of 39 seeks a woman of similar qualities. Hi! My name is Richard. I live in sunny nth Queensland where I work as an education professional. I am tallish (176 cm), slim, distinguished looking and weigh 75 kg. In addition to my professional duties, I am active as a bushwalker, musician and writer. I am at home with nature, animals, children and good company. I am a Christian and very taken with God's plan for humanity. I seek a Christian partner. You are either tall, short or in-between, but are definitely of slim build, a nonsmoker and most likely between 25 and 40 years of age. You are a joyful person who smiles a lot and who genuinely loves other people. You are bright, well read and a good conversationalist. You want a man who has good leadership qualities, but who is also comfortable with himself, his feelings and matters of the heart. If this sounds like you, write to me at: PO Box 76, AITKENVALE DELIVERY CENTRE, Qld. 4812. Photo appreciated. All letters will be answered.

# GRASSIFIEDS

## CONTACTS QUEENSLAND

IF YOU'RE: FEMININE, 40ish, unattached, intelligent, slim, spiritually-aware. If you enjoy: relaxing music, massage, nature, walking or cycling; perhaps vegetarianism. If you don't like: aggressive people, city life, politics, radical feminism. If you could make use of a tall, healthy (but balding), slim, idealistic, educated man of 48 please write: Clark (GR 116), C/- PO Box 242, EUROA 3666.

WIND & ALTERNATIVE ENERGY ENTHUSIAST. Married couple, 43 yrs young, with 2 well behaved young children. Husband experienced in this field and could offer some help. Wife loves country living, gardening, does massage. We seek friendship with couples with similar interests. SE Qld. P & C, 77 Soldier Rd, ELIMBAH 4516.

RETIRED GENTLEMAN, 70s, owns own home, country area, & car. Like to meet lady 60s - 70s for companionship, with view to perm r/ship if compatible. EM (GR 116), C/- PO Box 242, EUROA 3666.

HONEST, EDUCATED, somewhat eccentric r/forest dweller would like to share his estab nth Qld paradise with a humorous, healthy, 40-50 yr old, n/s lady who appreciates gardening, nature, crafts, etc. Brian (GR 116), C/- PO Box 242, EUROA 3666.

LADY, 61, ACTIVE, like to make contact with gentlemen of the land, as caretaker of property, n/s, n/d. Bell (GR 116), C/- PO Box 242, EUROA 3666.

WELL PRESENTED COUNTRY GENT, 40s, quiet gentle nature, n/s, loves tranquillity, log fires, home cooking, music, massage. Travels extensively throughout nth NSW, SE Qld. Hates lonely motel rooms and dining alone. Would love to meet nice quiet country lady (age open) who would enjoy the occasional day/night out. Please write to: David, PO Box 109, ARCHERFIELD Qld 4108.

FIT, HIGH ENERGY MALE, 46 yrs, young son, country home, self 'life as career' employed, many interests and skills. Independent, articulate, physically attractive. Seeks feminine equal. Geoff, 074-450-018.

MALE, 38, tall, slim, healthy, easy-going, sensitive, nonreligious, p/time dad. Enjoys outdoors, bush, beach, travel, music. Residing Brisbane. Seeking slimish, down-to-earth lady. View f/ship, possible future rural partnership. PO Box 57, KEDRON 4031.

LADY, 40 YEARS, seeks committed Christian man, perm r/ship. Prefer Sabbath-keeper, healthy lifestyle, organic agriculture. Kate, C/- PO, PALMWOODS 4555.

DUTCH WOMAN, EDUCATED, attractive, late 40, no children, n/s, n/d, spiritually aware, almost vegetarian, likes nature, animals. Into healthy lifestyle, relaxing, organic agriculture, likes to correspond with gentleman, same lifestyle, living on lge acreage or interested to co-purchase modest home on lge acreage. Age open. Please write: Dona (GR 116), C/- PO Box 242, EUROA 3666.

PLACING AN AD?  
See page 77 for details

BORN AGAIN CHRISTIAN MAN, 35, seeks b/a lady. View friendship etc. Interests incl photography, carpentry, environment, semirural living etc. Like-minded women please write to: The Boxholder, PO Box 1286, MILTON, Q, 4064, Brisbane. Only believe!

## VICTORIA

LADY, THIRTY-EIGHT, seeking n/s male for friendship/perm r/ship, NE Vic or Melb. I like to be active and will try most things once. Replies to: Enjoys Life (GR 116), C/- PO Box 242, EUROA 3666.

GENT, GOOD LOOKING, presentable, into health, masseur, counselling young people, friendship, teens - 40 yrs, all subjects, cultured, nonsmoker, v/healthy, d/hair, physical, tallish, quiet, articulate, easy-going, fun loving, romantic, all relative replies appreciated; travel, relocate. Ph: Gregory, 051-262-497.

LADY, LATE 40s, wants tall, easy-going handyman type as companion. Own place, coastal Sth Gippsland. HL (GR 116), C/- PO Box 242, EUROA 3666.

MITCHAM, single 26 yr old man n/s, occasional drinker, enjoys movies, fishing, old cars and family life, would like to meet single lady, 18-27 who is interested in the outdoors, travel & combining the GR lifestyle with the comforts of modern living. Mitch (GR 116), C/- PO Box 242, EUROA 3666.

NORTHERN COUNTRY AREA: I am interested in GR lifestyle and would like to meet couple or lady to explore and share this part of my life with. I am full-time farmer, aged 50, married, open as well as broad-minded. My interests are all types of music, reading, country lifestyle, nature and gentle moments. Please be honest and sincere as I am. All letters answered: Murray Valley (GR 116), C/- PO Box 242, EUROA 3666.

DOWN-TO-EARTH lady, 53, 5', have 14 1/2 yr son with slight disability, like gardening, camping, crafts and animals. Seek, sincere, honest, n/s/d, 50-60 male. All letters answered. Aquarius (GR 116), C/- PO Box 242, EUROA 3666.

HEALTHY, SLIM, BEARDED MAN, 5'8", 41 y/o, light social drinker, ex-smoker, enjoy gardening, country life, all things. Seek humorous, independent and faithful woman to 40 to share log cabin on 20 ac in Kinglake. Interest long-term r/ship. Scott (GR 116), C/- PO Box 242, EUROA 3666.

SINGLE MALE FARMER, 35, good living, like female friend same. Central Victoria. Ph: 054-368-324.

ATTRACTIVE, SLIM, SENSUAL woman 34, daughter 11, seek warm, positive, n/d, n/s, Christian man for perm r/ship, view to marriage. All replies answered: Tina, C/- PO, GUILDFORD Vic 3451.

ENLIGHTENED SLIM, SOBER, Aries-tiger male, moon in Scorpio. Relocating to Qld to build spiritual undenominational retreat in country. Grateful to meet potential spiritual, mature, female partner(s), no age pref. Awareness of egocentricity in r/ships, solving past karmas, showing existential meditateness, capable of listening while being open to real intimacy and vulnerability without fear of total commitments to the whole. Capable of love and surrender, loyalty and openly dealing with anger. Reverence for self, showing it to body-spirit, celebrating life. Am open to any type of partnership be it: solely legal prorata or communal investments, open intimate personal r/ship or otherwise, incl lesbian, respected in total equality under the law of karma. Genuine desire to, directly or indirectly, further personal growth work necessary. Thank you contacting in confidence and light, pref with photo, astro signs, phone etc to: SW Anutosh Alaya, tenant of Neo Mokulia perp trust, 33 Joan Ave, FERN TREE GULLY Vic 3156.

## ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it.

FEMALE LOVER of all things natural - people, flora, fauna, bush & beach, has vision of developing sml organic agricultural business in warmer climes (presently living in Melbourne). Having high spiritual values, a sense of adventure, a practical bent and a half century of life experience, I am compatible with those free spirits who dare to follow their dreams. I'd love to hear from you if you are sensitive, self-suff, well grounded & a good communicator. Libran Snake (GR 116), C/- PO Box 242, EUROA 3666.

WIDOWER (3 years), 65, fit, not on medication. Nonproselytising, atheistic, left-wing, light-green, wowser. Not into travel, theatre or dancing. ABC listener, classical orchestral and C&W vocal music. Not impressed by personal adornment. Ex-teacher, farmer and book editor. Am living on, and landscaping, 15 ac, 1 hr west of Geelong. Would very much like, once again, to use plural, first-person pronouns. Wal (GR 116), C/- PO Box 242, EUROA 3666.

## TASMANIA

JAPANESE LADY, 30, 160 cm, 50 kg, n/s, honest, interests: GR lifestyle, reading, movies, outdoors, music. Seeking a lasting r/ship with honest caring man up to 35. Reply to: Taurus (GR 116), C/- PO Box 242, EUROA 3666.

If you doubt the wisdom of replying to any ad - trust your intuition

# GRASSIFIEDS

## CONTACTS

### TASMANIA

I AM A MAN in a 43 yr old body, seeking a suitable, fitting woman who preferably has enough experience to know what she doesn't want and is avail for love. Michael (GR 116), C/- PO Box 242, EUROA 3666.

TO GROW VERY OLD without disintegrating, attractive, truthful, fit man looking for mature woman any age. I do not drive. I own house and garden, relocate or live here. Finance very good. Romantic, no addictions, peace wanted. Been through all life's disappointments. I share and care. Love is only importance. I send photo. Handy, 170 cm, prepared for chaos, nonsmoker or drinker, clean, healthy eating, fun loving, born in March, Christian, oil-painting and selling successful own paintings, create wooden furniture & art of sense. Want to know me? Then write: M K Wuellner, 16 Murchison St, ROSEBERY 7470.

### SOUTH AUSTRALIA

LADY, HAPPY NATURE, mid 50s. English, slim, blonde, seeks honest, caring man for future happiness. Reply: Julia, PO Box 205, Park Holme, ADELAIDE 5043.

LADY, 61, country girl at heart, would like to find easy-going farmer n/s for an interesting and happy future. Photo appreciated. Joyce (GR 116), C/- PO Box 242, EUROA 3666.

### OTHER

SWEDISH WOMAN desires correspondence with earthy, honest, nonracist, pacifist Australian guy, who likes travel, different cultures, the environment and music: Midnight Oil, Aboriginal Bands. Write to: Uta Jederström, Lundavägen 73 A 2 Vän, S-212 24 Malmö, SWEDEN.

LYCIUM CONTACTS, for friendships, pen-pals etc. Send SAE for form. On return I will send list of names (no charge). Helen Watson, PO Box, PALMERSTON NT 0830.

DEADLINES: GR 117 - AUG 30TH  
GR 118 - OCTOBER 30TH

TAURUS HOMEMAKER WOMAN, 41, with 2 children, slim, independent, sensual, hard-working, organised, quick tempered, unpredictable. Loves: wood, textiles, colour, gardens & gardening, music, food & wine with friends, personal space, books, the bush, camping, cities only for visiting. Would like to correspond with a like-minded man: nice hands, slim, gregarious, practical, monogamous, wood-handly, putting green ideas into practice. Age, looks, location not important. I want to explore f/ship and beyond slowly. All letters answered. Maggie R, C/- PO Box 18, WELLAND 5008.

LOOKING FOR A GOOD MAN (you might be anywhere in Australia). Are you down-to-earth, frank, uncomplicated, with a SOH & affinity for the bush? I'm a woman (atypical Leo), 37, teacher living in remote NT. Slim, very private but also friendly, generous, loyal, self-suff, strong sense of social justice and fairness, easy-going and casual, always losing keys, a bit disorganised. I love beasties, feathered, furry and scaled, people, children, dry riverbeds, the outback, camping, travelling, my house, s/d, laughing & am passionate about sunsets. I'm a bit shy about this but do write, all letters answered. Photo appreciated. Marg C/- PO Box 18, WELLAND 5008.

MEET NEW FRIENDS of both sexes. Scandinavia & worldwide. Free details, photos. WWC Box 4026, S-42404 Angered, SWEDEN.

PENFRIENDS OVERSEAS/AUSTRALIA. Please send SAE, PO Box 3311, WESTON 2611, AUSTRALIA.

NATURIST SUNLOVERS international publication, worldwide penfriends for friendship, romance, holiday exchange. Full address, photos. \$20 pp. Write: AP C/- PO Box 10, STEPNEY 5069. 66 Glenburnie St, SEATON 5023.

## LATE GRASSIFIED

### QUEENSLAND CONTACT

THERE MUST BE A LADY under 40 who would like to meet a broad-minded, tall, OK looking guy over 40, own business, s/d, full of fun. Life is too lonely alone. I'm divorced, no family, ex-farmer, languishing away in lovely Qld. Worn well - not out. You would love animals, bushland, be very rational, broad-minded, s/d, very loving, unconventional, extrovert. If you need a true friend, write! Photo appreciated. OZ (GR 116), C/- PO Box 242, EUROA 3666.

## ADVICE FOR CONTACTS ADVERTISERS

- Never use your full name, a first name is fine.
- It's safer to use a PO box than your home address.
- Never give your work phone number.
- Arrange a first meeting at a neutral crowded place such as a shopping centre.
- Don't rush things. Be sure about where you are headed, ask lots of questions and remember the answers.

PLACING AN AD?  
See page 77 for details

## ATTENTION GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoiding racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- When writing in reply to contact ads please bear in mind that most advertisers do not wish to receive 'R' rated letters.

# FARMING BOOKS FROM NIGHT OWL

Consult order form (page 90) for postage.

## **GOING TROPICAL** **Living and Fruit Growing in** **Northern Australia**

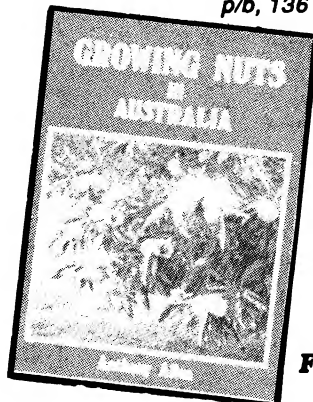
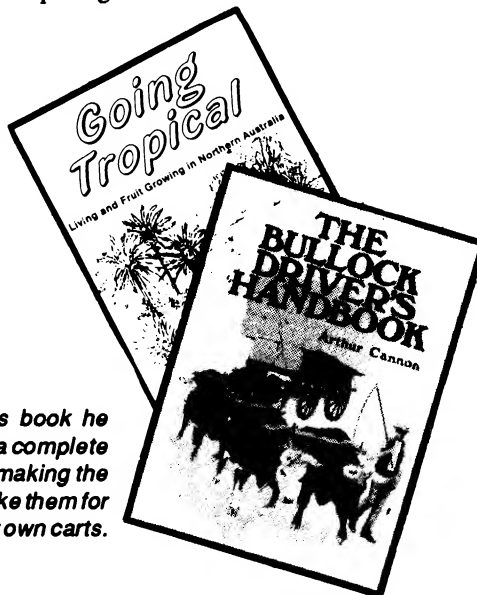
Ron Edwards

*A useful resource on tropical fruit and living up north. Chapters include: living in the tropics, choosing land and implements for a smallholding, gardening, improvising with recycled tools, and a comprehensive section on tropical fruit growing. A useful resource on tropical fruit and living up north.*  
p/b, 136 pp, 300 g, RRP \$14.95.

## **THE BULLOCK DRIVER'S** **HANDBOOK**

Arthur Cannon

*Arthur drove bullocks for many years and in this book he describes how it was in the old days. Here we have a complete description, a how-to-do-it guide, which describes making the tackle, selecting and training the bullocks, how to yoke them for various hauling jobs and even plans for making your own carts.*  
p/b, 136 pp, 300 g, RRP \$14.95.



## **GROWING NUTS IN AUSTRALIA**

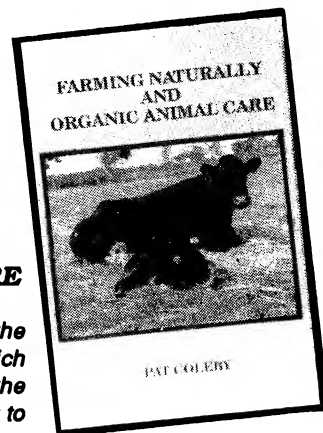
Anthony Allen

*Essential reading for the gardener, farmer and investor interested in nut growing. Detailed information on establishing a nut grove, propagation, climate and soil requirements, flowering and pollination, pruning, pests and diseases, irrigation, harvesting, handling, and preparation for market.*  
p/b, 160 pp, 400 g, RRP \$24.95.

## **FARMING NATURALLY AND ORGANIC ANIMAL CARE**

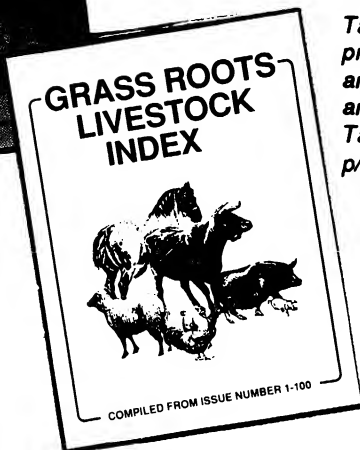
Pat Coleby

*Explains how to manage the farm and its livestock by first balancing the minerals in the soil. From this comes healthy fodder of high quality which produces healthy, disease-free livestock. The author then lists the different diseases appropriate to the farm stock with notes on how to cure them using vitamins, minerals and management.*  
p/b, 148 pp, 200 g, RRP \$14.95.



## **TAGASASTE** **- High Production Fodder Crop** Dr. L.C. Snook

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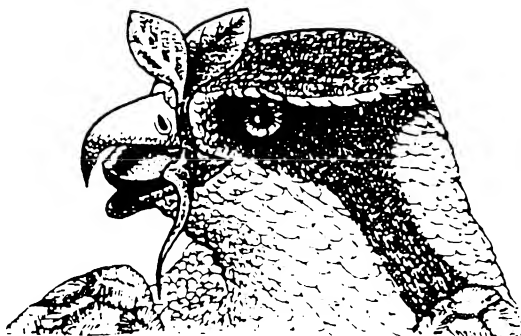
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